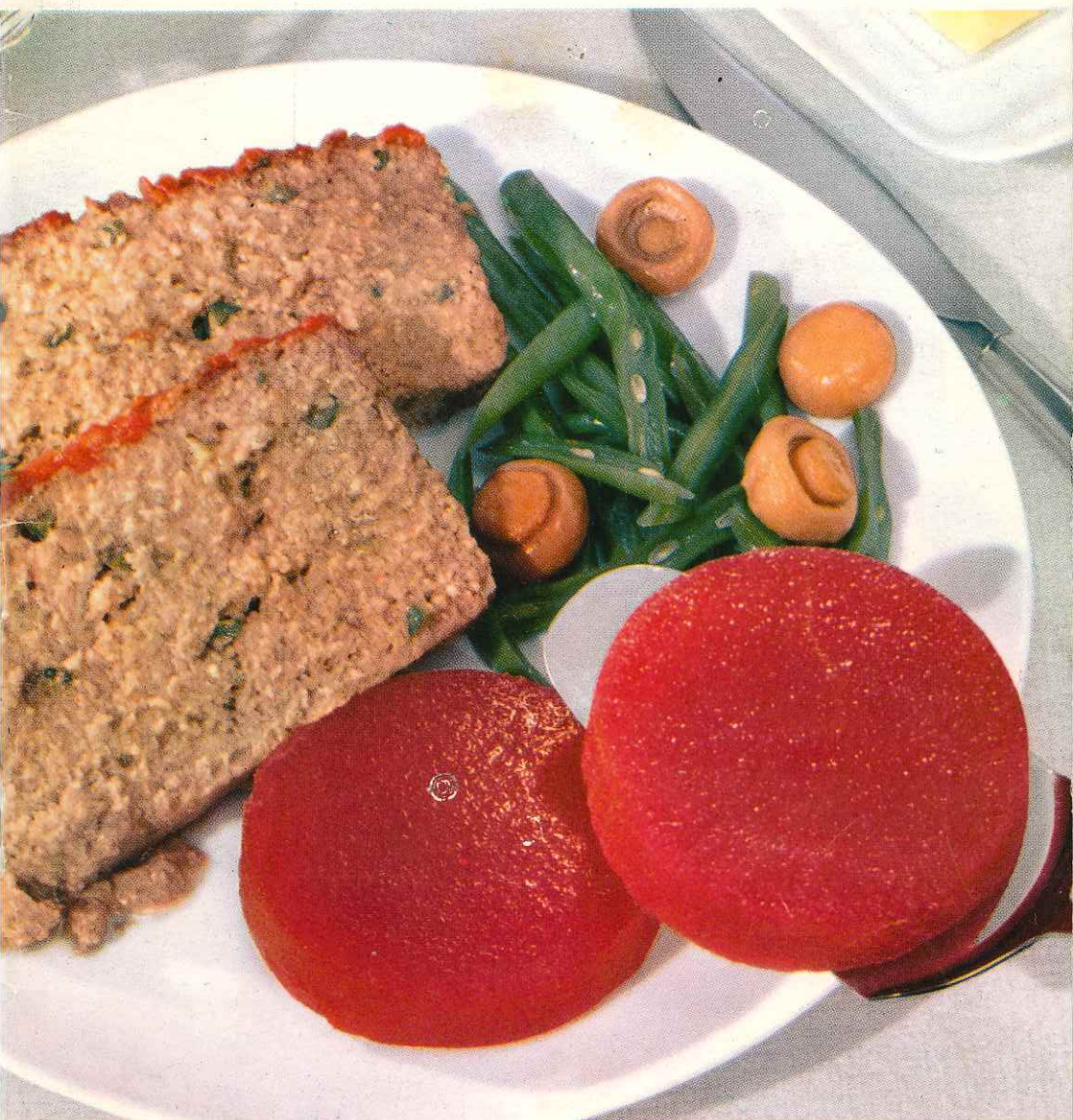


How to save money on meat

(A homemaker's guide to budget meals)

**NEW WAYS TO STRETCH YOUR MEAT DOLLAR
AND MAKE BUDGET MEALS MERRIER!**



*from Ocean Spray Cranberry Sauce
-the natural mate for every meat*

Table of Contents

	Page
How to buy meats economically.....	2
How much meat to buy for your family.....	2
How to store meats.....	3
How to freeze meats.....	3
How to carve meats.....	4-5
BEEF	6-15
Diagram showing budget cuts.....	7
Cost-cutting hints.....	7
Low-cost beef recipes.....	8
Leftover beef recipes.....	9
Low-cost ground beef recipes.....	10-11
Ways to dress up budget beef menus.....	13 & 15
PORK	16-23
Diagram showing budget cuts.....	17
Cost-cutting hints.....	17
Low-cost pork recipes.....	18
Leftover pork recipes.....	19
Ways to dress up budget pork menus.....	21 & 23
POULTRY	24-29
Shopping and cost-cutting hints.....	25
Low-cost poultry recipes.....	26
Leftover poultry recipes.....	27
Ways to dress up budget poultry menus.....	29
HAM	30-35
Shopping and cost-cutting hints.....	31
Low-cost ham recipes.....	32
Leftover ham recipes.....	33
Ways to dress up budget ham menus.....	35
VEAL	36-39
Diagram showing budget cuts.....	37
Cost-cutting hints.....	37
Low-cost veal recipes.....	38
Leftover veal recipes.....	38
Ways to dress up budget veal menus.....	39
LAMB	40-43
Diagram showing budget cuts.....	41
Cost-cutting hints.....	41
Low-cost lamb recipes.....	42
Leftover lamb recipes.....	42
Ways to dress up budget lamb menus.....	43
READY-TO-EAT MEATS	44-47
How to make a cold-meat tray.....	45
Low-cost ready-to-eat meat recipes.....	46
Ways to dress up ready-to-eat meat menus.....	47
VARIETY MEATS	48-49
Low-cost variety-meat recipes.....	48-49
Ways to dress up variety-meat menus.....	49
SALADS	50-52



NATIONAL CRANBERRY ASSOCIATION

HANSON, MASSACHUSETTS

Dear Friends:

Greetings from Ocean Spray's Cranberry Kitchen! Here is your copy of "How to Save Money on Meat." We hope you like it and hope it will be of great service to you.

Perhaps you'd like to know how we happened to write this book. The answer is simple — you asked for it! Over the years we've received hundreds of letters from our many dear friends asking us for advice on budget meals — especially how to save money on meat and how to make low-cost meat dishes more attractive. Some of you even suggested that we write a book on the subject. And that got us to thinking — how right it would be for Ocean Spray Cranberry Sauce, the natural mate for every meat, to come out with a book on how to save money on meat!

And because you've been so nice in writing for our book, we thought we'd give you an added little bonus — a coupon good for 5¢ off on our wonderful new product, Ocean Spray Cranberry Juice Cocktail. Just clip the coupon below and take to your grocer. You'll be delighted with Cranberry Juice. So delicious! So different-tasting. Tangy, sparkling, bright. You'll want to drink it for breakfast every day! Let me know how you like it. And let me know how you like our book. I'll be so pleased to hear from you.

Sincerely yours,

Janet Taylor
Home Economics Manager

Clip this valuable coupon — take to your grocer

VALUABLE COUPON

**THIS COUPON WORTH 5¢
WHEN YOU BUY 1 BOTTLE OF
OCEAN SPRAY CRANBERRY JUICE COCKTAIL**

The bright, tangy juice of many uses.

TO GROCER: Upon compliance with terms of this offer, the National Cranberry Association will redeem this coupon for 5¢ plus 2¢ for handling costs, if you mail to National Cranberry Association, Hanson, Mass. Void when presented by outside agency, or where abused, prohibited, taxed or otherwise restricted.



OFFER EXPIRES DECEMBER 31, 1959

5¢ OFF

ON CRANBERRY JUICE FOR BREAKFAST!

It's the bright new way
to start the day!

Ocean Spray Cranberry Juice Cocktail is America's best-tasting new source of Vitamin 'C'—gives you more Vitamin 'C' than even fresh-frozen orange juice! It's mighty easy-serving, too. Nothing to squeeze, nothing to add, nothing to mix! Just lift the cap and pour! Drink a glass of bright, good health... start each day the bright new way—Ocean Spray Cranberry Juice for breakfast!



Clip this valuable coupon—take to your grocer

VALUABLE COUPON

**THIS COUPON WORTH 5¢
WHEN YOU BUY 1 BOTTLE OF
OCEAN SPRAY CRANBERRY JUICE COCKTAIL**

The bright, tangy juice of many uses.

TO GROCER: Upon compliance with terms of this offer, the National Cranberry Association will redeem this coupon for 5¢ plus 2¢ for handling costs, if you mail to National Cranberry Association, Hanson, Mass. Void when presented by outside agency, or where abused, prohibited, taxed or otherwise restricted.



OFFER EXPIRES DECEMBER 31, 1959

HOW TO GET MORE FROM YOUR MEAT MONEY!

Special cost-cutting hints and tested recipes from

Ocean Spray's Cranberry Kitchen



Janet Taylor,
Ocean Spray's
Home Economics Manager

"Here is a service we at Ocean Spray hope will be of help to you: a handy guide to budget meals.

"Want to know how to make low-cost meats as delicious and appetizing as expensive cuts? This book will tell you how!

"Want to know how to buy meats economically and to recognize the less expensive cuts? This book will tell you how!

"Want to know how much of a particular meat to buy for your family? And how to carve meat so that you'll get more slices and less chunks per pound? This book will tell you!

"Want to know how to store and freeze meats properly? You'll find out in the pages of this book! All this money-saving advice, plus dozens of tested and approved recipes for every kind of meat. Also new ways to dress up budget meats with relishes, sauces and salads.

"No matter how you serve meat, one sure way to make it extra-delicious, extra-tempting is with Ocean Spray Cranberry Sauce – it's the natural mate for every meat!

"Serve generous portions of Ocean Spray as you would a vegetable – Ocean Spray supplies natural energy without starch! Or in place of a salad – Ocean Spray has fruit's natural vitamins and minerals. Or as a nutritious, healthful extra that makes any meat better. Or as a substantial teammate for a simple sandwich or salad lunch.

"Take a look at the meal you're planning this minute. Is it short on color? Short on vitamins, minerals, pectins? Short on fruit? Short on appetite appeal? You can fix it – fast – just open, slice and serve that natural mate for every meat – Ocean Spray Cranberry Sauce."

Janet Taylor

How to buy meat economically

Meat is the most expensive item in your food budget. It's also a necessary part of your daily diet. Few foods have as rich a source of important food values plus the fine flavor and appetite appeal of meat.

The Federal Government offers two services to help you in meat buying. One is government inspection of all meat shipped interstate to make sure that it is wholesome. The other is meat grading. There are seven official U.S. Government grades of meat. But only four are usually found in retail markets. In addition, there are the packers' grades or brands which are guides to quality. The top government grade — U.S. Prime — is usually in very small supply. This term should not be used *erroneously* to describe a cut — e.g., "prime" ribs. The following are the grades to look for:

U.S. Choice — Beef, veal, lamb or mutton . . . is well marbled with fat and has a moderately thick fat covering.

U.S. Good — Has a fat covering somewhat thinner than U.S. Choice.

U.S. Commercial and Utility — Lower grades with thin fat covering . . . used for braising or cooking in liquid.

Pork is usually not graded at all.

Meat varies in price according to quality, cut and demand. The cuts that are most tender are often the most expensive. For plain everyday good eating, the meats that give you the most for your dollar are the ones that require long, slow cooking — like chuck steaks, beef shanks, plate, breast and shoulder of lamb, pork shoulder and butt. These meats can be prepared a variety of different ways. They provide an easy way for a careful cook to show how good a cook she can be. And no matter what the grade — or tenderness — of the meat you buy, its protein, vitamin and mineral values do not vary.

How much meat to buy for your family

For each serving:

BEEF — $\frac{1}{3}$ to $\frac{1}{2}$ lb. boned beef, $\frac{1}{2}$ to $\frac{3}{4}$ lb. bone in beef

exception — 2 lbs. boned stew beef makes 4 to 6 servings, 1 lb. ground beef makes 4 to 5 servings

LAMB OR VEAL — $\frac{1}{4}$ to $\frac{1}{3}$ lb. boned meat, $\frac{1}{3}$ to $\frac{1}{2}$ lb. bone in meat

exception — 2 lbs. boned veal or lamb makes 4 to 6 servings

PORK — $\frac{1}{4}$ to $\frac{1}{3}$ lb. boned pork, $\frac{1}{3}$ to $\frac{1}{2}$ lb. bone in pork

exceptions — $\frac{1}{2}$ to $\frac{3}{4}$ lb. bone in pork chops, $\frac{1}{3}$ to $\frac{1}{2}$ lb. boned pork chops, $\frac{3}{4}$ to 1 lb. spareribs

HAM — $\frac{1}{3}$ lb. uncooked, boned; $\frac{1}{2}$ to $\frac{3}{4}$ lb. uncooked, bone in; $\frac{1}{3}$ to $\frac{1}{4}$ lb. cooked, boned; $\frac{1}{3}$ lb. cooked, bone in

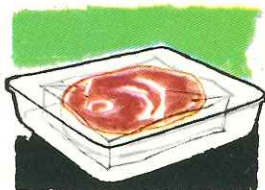
POULTRY — Chicken, $\frac{1}{4}$ to $\frac{1}{2}$ bird for broiling, barbecuing, $\frac{1}{2}$ to 1 lb. for stewing

TURKEY — $\frac{1}{3}$ to $\frac{3}{4}$ lb. when bird is over 12 lbs., $\frac{3}{4}$ to 1 lb. when bird is under 12 lbs.

How to store meats



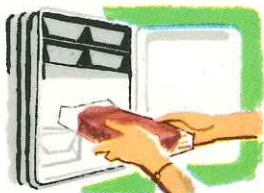
1. **Fresh Meats:** Remove wrapping. Cover loosely with waxed paper, leaving ends open. Store in coldest part of refrigerator, in meat compartment or drip tray. (Not in freezer.) Use within 2 or 3 days.



2. **Smoked Meats** (including canned ham) and **Ready-to-Eat Meats** (luncheon loaves, bologna, etc.): Store in the refrigerator. Open ends of packages of ready-to-serve meats, if stored for more than 24 hours.



3. **Ground Meats and Variety Meats:** May darken on standing and spoil more quickly than whole cuts. Unwrap, cover loosely with waxed paper. Store the same as fresh meat (above). Cook within 24 hrs. If kept longer, wrap and freeze.



4. **Frozen Meats:** Do not unwrap. Store in freezing unit. Keep meat frozen until ready to use. It should be used promptly after thawing. Do not refreeze.



5. **Cooked Meats:** Cover tightly in dish or with foil to prevent drying, store in coldest part of refrigerator. (Not in freezer.) Do not cut, grind or slice until ready to use.



6. **Poultry:** Wrap loosely in waxed paper or metal foil. Store in coldest part of refrigerator. (Not in freezer.) Use within 2 days.

How to freeze meat

Prepare meat for freezing immediately upon bringing it home. Wrap in freezer-type materials and follow directions for freezing supplied by freezer manufacturer. When more than one cut is stored in a single package, place a double thickness of freezer material between each cut.

Frozen-meat storage time

Ground Meats — up to 3 months

Fresh Pork — up to 6 months

Lamb, Veal — up to 9 months

Beef — up to 12 months

Cooked Meats — up to 3 months

Poultry — up to 6 months

How to carve meat to get more usable servings per pound

Meat carving is an art as well as a delightful part of the ritual of family dining. But it can also be an important way to make meat go further – to get more trim slices and less chunks per pound. Carving is easy and there are only a few basic rules to follow:

1. Have good tools with which to work.
2. Know the anatomy of the meat to be carved.
3. Ask your meat cutter to prepare meat properly for carving. (Prepackaged cuts in supermarkets are usually so prepared.)
4. Cook meat properly – never overdone or underdone.
5. Use a large platter to make handling easy and allow enough space for slices.
6. Except for steaks, cut across the grain.
7. Keep angle of blade steady while slicing. Slices will be more uniform and even. And meat will go further.
8. Wait 15 or 20 minutes after meat is done before carving.

Carving Equipment and Its Care

Proper tools are a *must*. It is absolutely necessary to have knife blades of quality steel that take and hold a keen edge. The minimum tools needed are:

Standard set: Used for carving roasts and fowl. Comes in 3 pieces – a steel, fork with guard, knife with 8- or 9-inch blade.

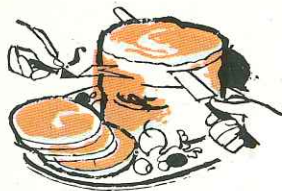
Steak set: Used in carving all steaks and small roasts or fowl. Knife has 6- or 7-inch blade and matching fork with or without guard.

Care of tools is most important. Keep knives separate to prevent dulling and nicking. Good blades seldom need sharpening. Know how to use the steel to keep knife blade in perfect condition. Draw knife across steel first on one side and then the other. A dozen or so strokes are all that are necessary.



Roast Beef Carving

Place roast flat on platter, rib bones to your left. Slice across top of roast with a smooth long cut to rib bone. Use knife tip to free slice from bone. Lift slice to platter. Continue slicing across roast until desired number of slices is cut.



Rolled Roast Carving

Small rolled roasts of beef or veal should be placed flat on platter. Slice across top. Cut cord with knife as each is reached and pull out.

T-Bone and Porterhouse Steak Carving

Use steak set. Place small end to your left. Cut around T-bone and slice across both tenderloin and sirloin. Carve *with* the grain.



Ham Carving

Place ham with shank bone to your right. Cut 2 or 3 thin slices off the edge opposite the large, round side. Turn ham to rest on cut surface. Start at base of bulge at right, slice down to leg bone and along the bone as far as knife can cut. Cut out wedge-shaped piece. Remove to platter. Cut even slices down to bone.



Leg of Lamb Carving

Place leg with small bone to your right. Cut 2 or 3 slices opposite the thick meaty portion. Turn the leg to rest on cut surface. Cut out a wedge shape at base of the bulge. Then cut slices from right to left.



Roast Loin of Pork or Veal Carving

Remove backbone at working counter. Place on platter at the table with rib side facing you. Use rib bones as guide for slicing.



Poultry Carving

Place bird with breast to your left. Grasp leg bone with left hand, pulling away from body as knife in right hand cuts leg from body of bird. Cut slices of dark meat from thigh and drumstick.



To carve white meat, hold fowl steady with fork plunged into wing. Make cut above wing through body frame. Slice downward with long even strokes beginning part way up the breast. Cut next slice further up the breast, continuing until tip of breastbone is reached.

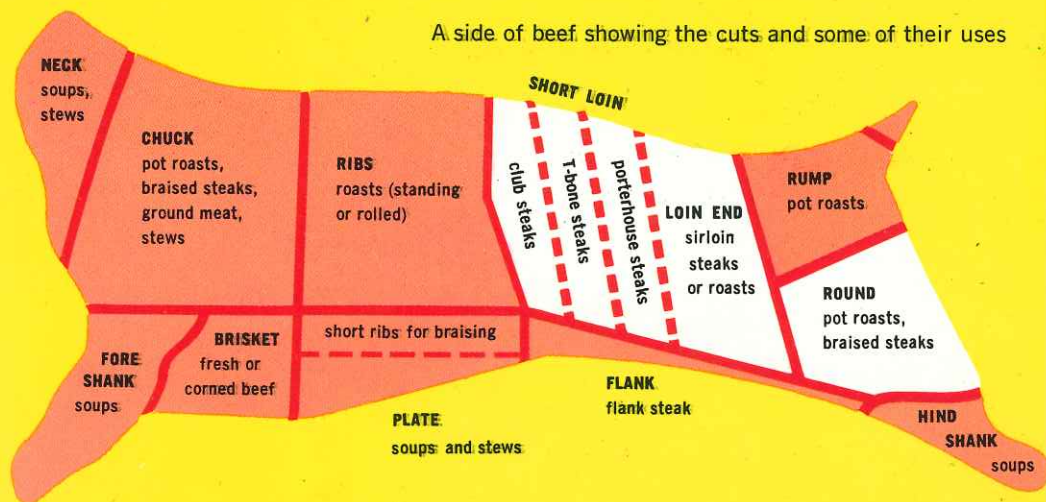


POT ROAST WITH CRANBERRY SAUCE



beef

A side of beef showing the cuts and some of their uses



60 to 70 per cent of beef is budget-wise (colored areas)!
See how many ways less expensive cuts can be used!

COST-CUTTING HINTS

HINT: To save money on chuck, buy a large cut at a lower price per pound and divide it for cooking 3 ways: the rounded, boneless end for stew; the center with round bone for pot roast; and the remaining piece sliced lengthwise into two Swiss steaks. Other cuts can also be divided for preparing in more than one manner.

HINT: To tenderize chuck, rump, flank, brisket, cook slowly by the moist-heat method, such as braising or stewing.

HINT: Use as much of the cut as possible. Fat trimmings can be melted at low heat, strained and used for cooking fat. Shank and knuckle bones can be sawed through by your meat cutter and used in soup or stock preparation to add flavor and richness.

HINT: Number of servings per pound can be increased by combining beef with other foods. See recipes on the following pages for extending beef and for using leftover beef.

LOW-COST **beef** RECIPES

SAVORY WAY WITH CHUCK OR BOTTOM ROUND beef stroganoff

- | | |
|-------------------------------|------------------------------|
| 1½ lbs. chuck or round steak | Dash of pepper |
| 2 tablespoons fat | 2 cups water |
| 1½ teaspoons prepared mustard | 2 tablespoons cornstarch |
| 1 teaspoon salt | 1 cup sour cream, if desired |

Cut meat in long, narrow strips; brown in hot fat. Blend in mustard, salt, pepper and water. Simmer, tightly covered, 1 hour or until meat is tender. Blend cornstarch to a smooth paste with a little water; gradually stir into meat and cook, stirring constantly, until gravy thickens and boils 1 minute. Add sour cream, if desired; do not boil. Serve hot with hot parsley noodles. Makes 4 servings.



TEMPTING WAY WITH FLANK STEAK flank steak roll-up

- | | |
|------------------------------------|--|
| 1 flank steak (about 1½ lbs.) | ¼ teaspoon pepper |
| 4 slices bread, cut in small cubes | 3 tablespoons melted butter or margarine |
| 1 small onion, minced | 2 tablespoons shortening |
| ½ cup minced celery | 1 cup water |
| 1 teaspoon salt | |
| ¼ teaspoon basil | |

Score steak on both sides. Combine bread cubes, onion, celery, salt, basil and pepper; drizzle butter or margarine over bread and toss lightly. Spread stuffing over meat; roll up meat; tie with clean string or fasten with skewers. Brown meat on all sides in hot shortening. Add water; simmer, tightly covered, 1½ to 2 hours, or until meat is tender. Remove meat to serving platter; thicken gravy with flour and serve over slices of meat roll. Makes 4 to 5 servings.



TANGY WAY WITH CHUCK OR RUMP cranberry pot roast

- | | |
|--|---|
| 4 lbs. rump or chuck, boned and rolled | 1 onion, sliced |
| 2 tablespoons flour | ½ cup water |
| Salt and pepper | 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce |
| 2 tablespoons shortening | |
| 1 clove garlic, cut in slivers | |

Coat meat in flour; sprinkle well with salt and pepper. Brown meat on all sides in hot shortening in Dutch oven. Add remaining ingredients. Simmer, covered, 2½ hours, or until meat is tender. Thicken gravy, if desired.

TRADITIONAL WAY WITH CORNED BEEF BRISKET new england "boiled-beef" dinner

- | | |
|--|--------------------------|
| 1 corned brisket of beef (4 to 5 lbs.) | 8 large carrots, halved |
| 1 onion, sliced | 4 large potatoes, halved |
| 1 bay leaf | 2 turnips, cut in cubes |
| 12 small white onions | |

Place brisket, sliced onion and bay leaf in heavy kettle; cover with cold water. Simmer, covered, 3 to 3½ hours, or until meat is tender. Add vegetables and simmer 30 minutes longer, or until vegetables are done. Serve on hot platter with vegetables around meat. Makes about 8 servings.

LEFTOVER **beef** RECIPES

HEARTY LUNCH WITH SLICED BEEF LEFTOVERS

beef scaloppine sandwiches

- | | |
|-----------------------------------|--------------------------------|
| 4 slices leftover cooked beef | Dash of pepper |
| 2 tablespoons butter or margarine | 1 can (4 oz.) sliced mushrooms |
| ½ teaspoon salt | 4 slices toast |
| ¼ teaspoon poultry seasoning | |

Heat meat slowly over medium heat in butter or margarine and seasonings; add mushrooms and simmer 2 to 3 minutes. Serve on toast. Makes 4 sandwiches.

HAWAIIAN TREAT WITH LEFTOVER BEEF CUBES

sweet 'n sour beef and noodles

- | | |
|--------------------------------------|--------------------------------------|
| 1 can (1 lb. 4 oz.) pineapple chunks | ¼ cup vinegar |
| ¾ cup water | 2 cups cubed leftover
cooked beef |
| 2 chicken bouillon cubes | 1½ tablespoons soy sauce |
| ⅓ cup brown sugar, firmly packed | Hot fluffy rice |
| 3 tablespoons molasses | Chow-mein noodles |
| ¼ cup cornstarch | |

Combine and heat pineapple, water, bouillon cubes, brown sugar and molasses. Blend cornstarch and vinegar to a smooth paste; stir into pineapple mixture. Cook, stirring constantly, until sauce thickens and boils 1 minute. Add beef and soy sauce; heat well. Serve on hot rice with crisp chow-mein noodles. Makes 4 servings.

SURPRISE EXTRA FROM LEFTOVER POT ROAST

beef pinwheels

- | | |
|---------------------------------------|--|
| 2 cups packaged biscuit mix | ½ teaspoon salt |
| ⅔ cup milk | ½ teaspoon basil |
| 2 cups minced leftover
cooked beef | ⅓ teaspoon pepper |
| 2 tablespoons minced onion | 1¼ cups leftover beef gravy or
1 can (10¾ oz.) beef gravy |

Combine and blend biscuit mix and milk according to label directions; roll out on lightly floured board to form rectangle about 12 x 9 inches. Combine beef, onion, salt, basil and pepper; blend with 3 to 4 tablespoons gravy, reserving rest of gravy. Spread meat mixture over biscuit; roll biscuit up, jelly-roll fashion. Cut into slices about 1-inch thick. Place slices in greased shallow pan. Bake in hot oven (425°F.) 15 to 18 minutes. Heat reserved gravy and serve over baked pinwheels. Makes 4 to 6 servings.

BUSY-DAY SPECIAL WITH LEFTOVER BEEF, CUBED

15-minute stew

- | | |
|---|--|
| 1 medium-sized onion, minced | 1¼ cups leftover beef gravy or |
| 1½ cups cubed leftover cooked beef | 1 can (10¾ oz.) beef gravy |
| 2 tablespoons butter or margarine | ¼ cup water |
| 1 package (10 oz.) frozen
mixed vegetables | 1 tablespoon bottled
thick meat sauce |

Cook onion and beef in butter 5 minutes. Blend in remaining ingredients. Simmer, covered, 10 minutes or until vegetables are tender. Serve over hot rice or toast. Makes 4 servings.

LOW-COST **ground beef** RECIPES

MAKE 'EM ON TOP OF STOVE—THEY'RE TOPS skillet meat balls



1½ lbs. ground beef
1½ cups soft bread crumbs
2 teaspoons salt
1 onion, minced
¼ teaspoon nutmeg or mace

2 eggs, slightly beaten
2 tablespoons shortening
1¼ cups beef broth or bouillon
½ cup sour cream,
if desired

Combine beef, crumbs, salt, onion, spice and eggs; mix lightly and shape into 1-inch balls. Brown meat balls in hot shortening. Add beef broth and simmer, covered, 20 to 25 minutes. Remove meat balls to serving platter. Stir in sour cream. Pour sauce over meat balls. Serve hot with buttered noodles. Makes 6 servings.

A GROUND BEEF DISH THAT'S COMPANY-GOOD cranberry glazed meat loaf

1½ lbs. ground beef
1 onion, minced
½ cup chopped celery
1½ teaspoons salt
2 eggs

1 cup bread crumbs
¼ cup water
1 teaspoon poultry seasoning
1 can (1 lb.) Ocean Spray Whole
Cranberry Sauce

Combine all ingredients except cranberry sauce; toss lightly. Shape into loaf in baking dish. Spoon cranberry sauce over top. Bake in moderate oven (375° F.) 1 hour, or until loaf is done. Makes 6 servings.

EASY TO MAKE, EASY TO EAT quick meat loaf

1½ lbs. ground beef
1½ cups soft bread crumbs
½ cup milk
1 egg

1 medium-sized onion, minced
1 tablespoon chopped parsley
1½ teaspoons salt
¼ teaspoon rosemary

Combine all ingredients and mix well. Pack mixture into 8x4x2-inch loaf pan. Bake in moderate oven (350° F.) 1 to 1¼ hours. Drain fat, if necessary, before turning out of pan. Makes 6 servings.



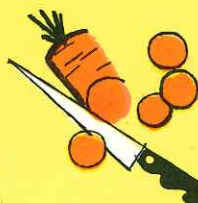
TANGY BURGERS TO SERVE FOR COMPANY cranburgers

1 lb. ground beef
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons minced onion

½ cup Ocean Spray
Whole Cranberry Sauce
1 tablespoon butter or margarine
1 tablespoon bottled thick meat sauce

Combine beef, salt, pepper and onion; toss together lightly and shape into 4 patties. Broil or pan-fry to desired doneness. Combine and heat remaining ingredients. Spoon over hot hamburgers. Makes 4 servings.

LOW-COST **ground beef** RECIPES



A NUTRITIOUS DINNER YOU'LL GO FOR hot 'n hearty casserole

- | | |
|-----------------------------------|--|
| 1 large onion, chopped | 1 small can (6 oz.) evaporated milk |
| 2 tablespoons butter or margarine | 1 cup fresh milk or water |
| 1 lb. ground beef | 1 can (16 to 17 oz.) peas and carrots, drained |
| 2 tablespoons flour | 1 package refrigerator biscuits |
| 1 1/4 teaspoons salt | |

Sauté onion in butter or margarine 5 minutes; add beef and brown, breaking meat up with a fork. Stir in flour and salt; gradually blend in evaporated and fresh milk or water. Simmer, stirring constantly, until sauce thickens and boils 1 minute. Add peas and carrots and heat; turn into 2-quart baking dish. Top with biscuits. Bake in hot oven (450° F.) 20 to 25 minutes or until biscuits are lightly browned. Makes 4 to 5 servings.

CUT IN WEDGES, SERVE AND DELIGHT YOUR FAMILY meat-loaf pie

- | | |
|----------------------------------|-------------------------------------|
| 1/2 cup thinly sliced celery | 1 lb. ground beef |
| 1 large onion, chopped | 1 small can (6 oz.) evaporated milk |
| 1 tablespoon butter or margarine | 1/2 package corn-muffin mix |

Cook celery and onion in butter or margarine 5 minutes. Add beef and brown meat, breaking meat up with a fork. Blend in evaporated milk, salt and pepper; heat, but do not boil. Turn meat mixture into 2-quart baking dish. Prepare muffin mix according to label directions. Spoon over meat mixture. Bake in hot oven (400° F.) 25 minutes. Turn out onto serving plate, meat side up; cut into pie-shaped wedges. Serve hot. Makes 6 servings.

A CRANBERRY-PINEAPPLE BURGER TREAT hi-hat burgers



- | | |
|----------------------------|--|
| 1 lb. ground beef | 1 can (9 oz.) crushed pineapple |
| 1 teaspoon salt | 1 tablespoon butter or margarine |
| 1/2 teaspoon basil | 1 teaspoon curry powder |
| 2 tablespoons minced onion | 1 can (7 oz.) Ocean Spray
Jellied Cranberry Sauce |

Combine beef, salt, basil and onion; toss lightly and shape into 4 patties. Broil or pan-fry to desired doneness. Meanwhile combine pineapple, butter or margarine and curry; heat gently. Top each hamburger with 1 slice of cranberry sauce and a spooning of hot pineapple mixture. Makes 4 servings.

NEW IDEA FOR BURGERS WITH HARD ROLLS hamburger boats

- | | |
|---|--------------------------------|
| 8 rectangular rolls (hard or baked
brown-and-serve type) | 1 lb. ground beef |
| 1 onion, minced | 1 can condensed mushroom soup |
| 1 tablespoon butter
or margarine | 1/4 cup milk |
| | 1/2 teaspoon salt |
| | 1/4 teaspoon poultry seasoning |

Cut thin slice from top of rolls; hollow out rolls; shred inside of rolls to coarse crumbs and reserve shells. Sauté onion in butter or margarine 5 minutes; add meat and brown well, breaking meat up with fork. Blend soup, milk, salt and poultry seasoning; stir into meat. Add bread crumbs and heat well. Spoon into rolls. Makes 8 sandwiches.

MEAT LOAF WITH CRANBERRY SAUCE



Cranberry Sauces and Relishes

to dress up budget beef menus

If you have a little extra time — and all it takes is a little time — try making one of these deliciously different cranberry sauces and relishes. They're new from Ocean Spray's Cranberry Kitchen — specially created to go with budget beef meals.

CHUNKY 'N GOOD WITH ANY BEEF DISH

cranberry walnut relish

- ½ cup coarsely broken walnuts
- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- ½ cup orange marmalade
- 1½ teaspoons lemon juice

Spread walnuts in a shallow baking pan and toast in moderate oven (350° F.) for 10 to 12 minutes or until golden brown. Mix with remaining ingredients and chill thoroughly. Makes 1 pint.

TART 'N FLAVORFUL WITH CORNED BEEF

cranberry horse-radish spread

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 1 cup sour cream
- 1 tablespoon lemon juice
- 2 tablespoons grated horse-radish

Mix ingredients. Store in refrigerator until thoroughly chilled to blend flavors. Makes about 1 pint.

TANGY TREAT FOR HAMBURGER OR MEAT LOAF

cranberry catsup

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- ⅓ cup bottled thick meat sauce
- 2 tablespoons salad oil
- 1 tablespoon brown sugar

Beat ingredients together in bowl with rotary beater until smooth and saucy. Makes 2½ cups.

STEAK WITH CRANBERRY SAUCE



Cranberry Sauces and Relishes

to dress up budget beef menus

GOOD 'N SPICY CONDIMENT

spicy cranberry relish

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce (or Jellied, crushed)
- ½ cup drained, canned, crushed pineapple
- ¼ teaspoon cinnamon
- ¼ teaspoon mace or nutmeg
- ¼ teaspoon dry mustard

Mix thoroughly. Place in refrigerator an hour or more to blend flavors. Makes 2 cups.

PERFECT FOR COOK-OUTS

cranberry barbecue relish

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- ½ cup stuffed olives, sliced
- ½ cup chopped pecans
- 2 teaspoons lemon juice
- 1 teaspoon grated onion

Crush jellied cranberry sauce with a fork. Stir in all other ingredients. Chill for several hours before serving.

CRUNCHY 'N NUTTY

cranberry almond relish

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 2 tablespoons orange marmalade
- 3 tablespoons lemon juice
- ⅔ cup blanched almonds, walnuts or pecans, coarsely broken

Combine whole cranberry sauce, orange marmalade and lemon juice. Stir nuts into cranberry marmalade mixture. Serve well chilled. Makes 2 cups relish.

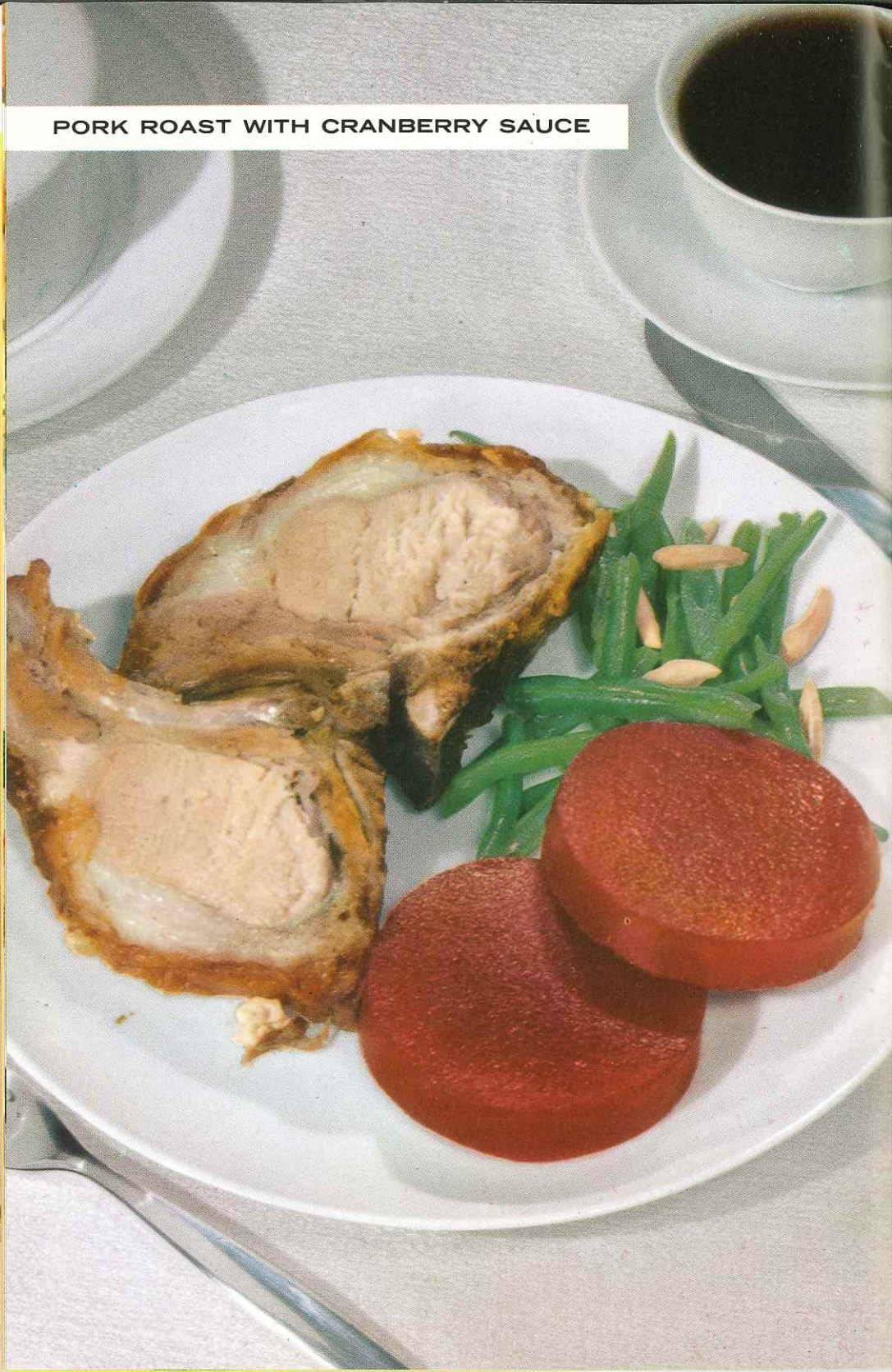
FRUITY AND DELICIOUS

tropical cranberry relish

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- 1 can (1 lb. 4 oz.) crushed pineapple, drained and chilled
- Grated rind of 2 oranges

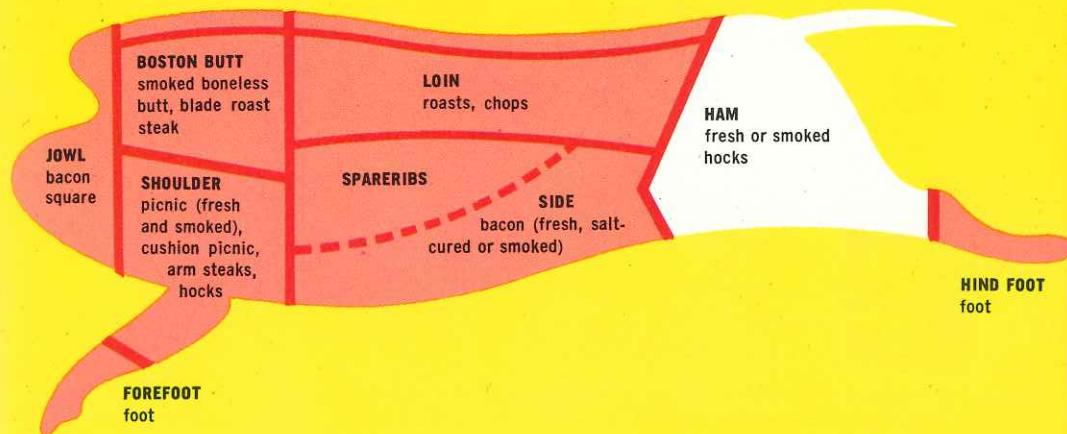
Mash cranberry sauce with a fork. Mix well with crushed pineapple and grated orange rind. Chill. Makes about 3 cups relish.

PORK ROAST WITH CRANBERRY SAUCE



pork

A side of pork showing the cuts and some of their uses.



Pork is a thrifty meat. Colored areas show the budget-wise cuts.

COST-CUTTING HINTS

HINT: Shoulder Roast is a good buy.

HINT: Fresh Boston Butt is usually a good buy. Excellent for slicing cold.

HINT: Save money by cooking properly. Best way to cook pork steaks and chops is by braising. Slow cooking with moist heat brings out their good flavor. Rapid cooking increases shrinkage and causes them to become dry.

HINT: Pork sausage and ready-to-serve meats are quick-and-easy money stretchers. For variety and even greater savings use them in main-dish recipes. See next page and Page 46.

LOW-COST **pork** RECIPES

SPARKLING-GOOD WAY WITH SHOULDER CHOPS cranberry pork chops

- | | |
|--------------------------------------|---------------------------------|
| 4 shoulder pork chops | 1/4 teaspoon each ground cloves |
| 1 1/2 teaspoons salt | and nutmeg |
| 1/4 teaspoon pepper | 1/3 cup water |
| 1/2 onion, thinly sliced | 1 can (7 oz.) Ocean Spray |
| 1/2 orange, seeded and thinly sliced | Whole Cranberry Sauce |

Brown chops well in heavy skillet. Season with salt and pepper. Add remaining ingredients, except cranberry sauce. Simmer, covered, 50 minutes, or until chops are tender. Add cranberry sauce and simmer 10 minutes. Makes 4 servings.



VERY DRESS-UP WAY WITH PORK SHOULDER party pork roast

- | | |
|-----------------------------------|-----------------------------------|
| 4 pounds shoulder of pork, rolled | Grated rind and juice of 1 orange |
| Salt and pepper | 1/4 teaspoon nutmeg |
| 1 can (1 lb.) Ocean Spray | 1/4 teaspoon ginger |
| Whole Cranberry Sauce | |

Season pork with salt and pepper; place on rack, fat side up, in shallow baking pan. Roast in slow oven (325° F.) 45 to 50 minutes per pound. Combine cranberry sauce, orange rind and juice and spices; heat well and spoon over roast to serve.

HEARTY WAY WITH PORK SHOULDER pork dutch oven stew

- | | |
|---|---|
| 2 tablespoons shortening | Salt and pepper |
| 2 lbs. fresh pork shoulder,
cut in cubes | 1/3 cup water |
| 1 cup chopped onion | 1/4 teaspoon basil |
| 1 clove garlic, minced | 1 can condensed cream of
mushroom soup |

Heat shortening in heavy frying pan; brown meat well. Add onion and garlic; brown. Sprinkle generously with salt and pepper; add water and basil. Simmer, covered, 45 minutes to 1 hour, or until meat is tender. Blend soup into meat mixture. Heat slowly. Makes 4 servings.

BRIGHT NEW WAY WITH PORK SAUSAGE quick cranberry sausage scramble



- | |
|---|
| 1 lb. small sausages |
| 1/4 cup celery, minced |
| 1 cup Ocean Spray Whole Cranberry Sauce |

Prick sausages and fry until light brown; drain fat, reserving one tablespoonful in pan. Add celery and cranberry sauce; stir until sausages finish cooking. Serve over buttered toast with scrambled eggs. Makes 4 servings.

LEFTOVER **pork** RECIPES



EAST INDIAN WAY WITH COOKED PORK pork orientale

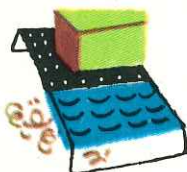
- | | |
|--|--|
| 2 cups thin strips, leftover cooked pork | 2 bouillon cubes |
| 1 large onion, sliced | 1/2 green pepper, cut in strips |
| 1/2 cup thinly sliced celery | 1 teaspoon salt |
| 2 tablespoons shortening | 1/2 teaspoon Worcestershire sauce or soy sauce |
| 2 cups water | 2 tablespoons cornstarch |

Brown pork, onion and celery in shortening. Add water, bouillon cubes, green pepper and seasonings; simmer 10 minutes, or until vegetables are just tender. Stir cornstarch to smooth paste with a little water; blend into hot mixture. Cook, stirring constantly, until gravy thickens and boils 1 minute. Makes 4 servings.

WARM-WEATHER WAY WITH COOKED PORK "down east" cranberry pork salad

- | | |
|--|---|
| 3 cups diced leftover cooked pork | 1 tablespoon lemon juice |
| 1 cup diced celery | 1/2 teaspoon salt |
| 1/2 cup toasted slivered almonds | 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce |
| 1 can (8 3/4 oz.) pineapple tidbits, drained | Crisp salad greens |
| 1/2 cup mayonnaise or salad dressing | |

Combine pork, celery, almonds and pineapple. Blend mayonnaise, lemon juice and salt; toss lightly with pork mixture. Chill 1 hour. Cut cranberry sauce into 8 slices. Place slices on crisp greens; spoon pork salad onto cranberry slices. Makes 8 servings.



HURRY-UP LUNCH WITH COOKED PORK hot pork puff sandwiches

- | | |
|-------------------------------|-------------------------------|
| 6 slices bread | 1/3 cup shredded cheese |
| Prepared mustard | 2 tablespoons chopped parsley |
| 6 slices leftover cooked pork | 2 teaspoons lemon juice |
| 1/3 cup mayonnaise | 2 egg whites |

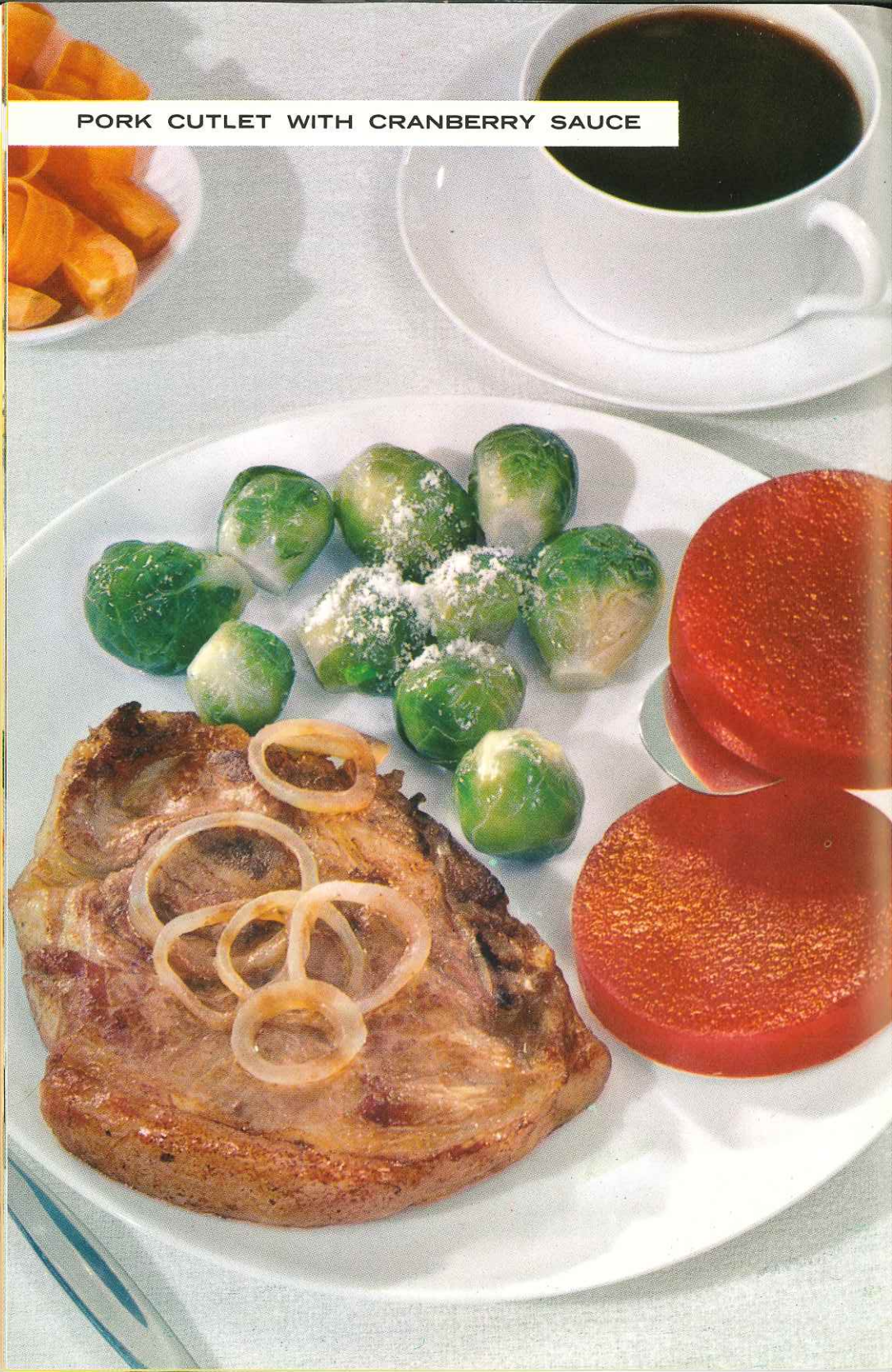
Toast one side of bread slices under broiler; lightly spread untoasted side with mustard. Top each with sliced pork. Combine mayonnaise, cheese, parsley and lemon juice. Beat egg whites until stiff but not dry; fold into mayonnaise. Spread sauce over pork. Broil 3 to 5 minutes, or until sauce is puffed and golden. Makes 6 sandwiches.

"STICK-TO-THE-RIBS" MEAL FROM LEFTOVERS pork en casserole

- | | |
|--|--------------------------|
| 1 can condensed cream of mushroom soup | 1 cup cooked green beans |
| 1/3 cup milk | 1 teaspoon grated onion |
| 2 cups cubed leftover cooked pork | 1 can chow-mein noodles |

Blend soup and milk; combine with pork, beans and onion. Turn mixture into 1 1/2-quart baking dish. Bake in moderate oven (375° F.) 20 minutes. Top with noodles; bake 5 minutes longer. Makes 4 servings.

PORK CUTLET WITH CRANBERRY SAUCE



Cranberry Sauces and Relishes

to dress up budget pork menus

Want to be famous as a cook who can turn out budget meals and still make them exciting? Then try making one of these delicious cranberry sauces and relishes. They're new from Ocean Spray's Cranberry Kitchen – specially created to go with low-cost pork meals.

SWEET 'N SOUR 'N GOOD

chunky cranberry relish

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce (or Jellied, crushed)
- ½ cup drained, canned crushed pineapple
- 2 tablespoons grated orange rind
- 2 tablespoons chopped walnuts
- 2 tablespoons sweet pickle relish

Mix thoroughly. Place in refrigerator an hour or more to blend flavors. Makes 2 cups. Excellent with roast pork, lamb or veal.

APPLE SAUCE-Y TREAT

cranberry apple-lemon relish

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- 1 large apple
- ¼ lemon

Crush cranberry sauce with a fork. Coarsely grind apple and lemon in food chopper. Add to crushed cranberry sauce. Chill. Makes 2 cups.

PERFECT COMPLEMENT TO ANY PORK DISH

cranberry harvest relish

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- 1 apple, quartered and cored
- ¼ teaspoon cinnamon

Crush cranberry sauce with a fork. Put apple through food chopper, skin and all. Combine all ingredients and stir to blend thoroughly. Chill. Serve in toast cups if desired.

To make toast cups: Remove crusts from thin-sliced white bread. Spread one side with softened butter. Press bread, buttered side down, into muffin tins, making little cups of the bread. Bake in moderate oven (375° F.) until bread cups are toasted. Just before serving fill with Cranberry Harvest Relish.

PORK CHOPS WITH CRANBERRY SAUCE



Cranberry Sauces and Relishes

to dress up budget pork menus

A "GINGER-PEACHY" DELIGHT

cranberry ginger-peach relish

- 1 can (8 oz.) sliced cling peaches
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- ½ cup raisins
- ½ teaspoon ginger

Drain and chop peaches. Add to cranberry sauce with ginger and raisins. Chill thoroughly for flavors to blend. Makes about 1 pint.

ORANGE-Y GOOD

cranberry orange relish

- 1 orange
- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce

Put orange through food chopper (rind and pulp). Crush contents of can of cranberry sauce. Blend in orange. Chill. Makes about 2 cups.

TANGY AND BRIGHT

zippy cranberry relish

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- ½ cup raisins
- ½ teaspoon cinnamon
- ¼ teaspoon ground cloves
- Juice of 1 lemon

Crush jellied cranberry sauce with fork. Add remaining ingredients. Chill. Makes 2 cups.

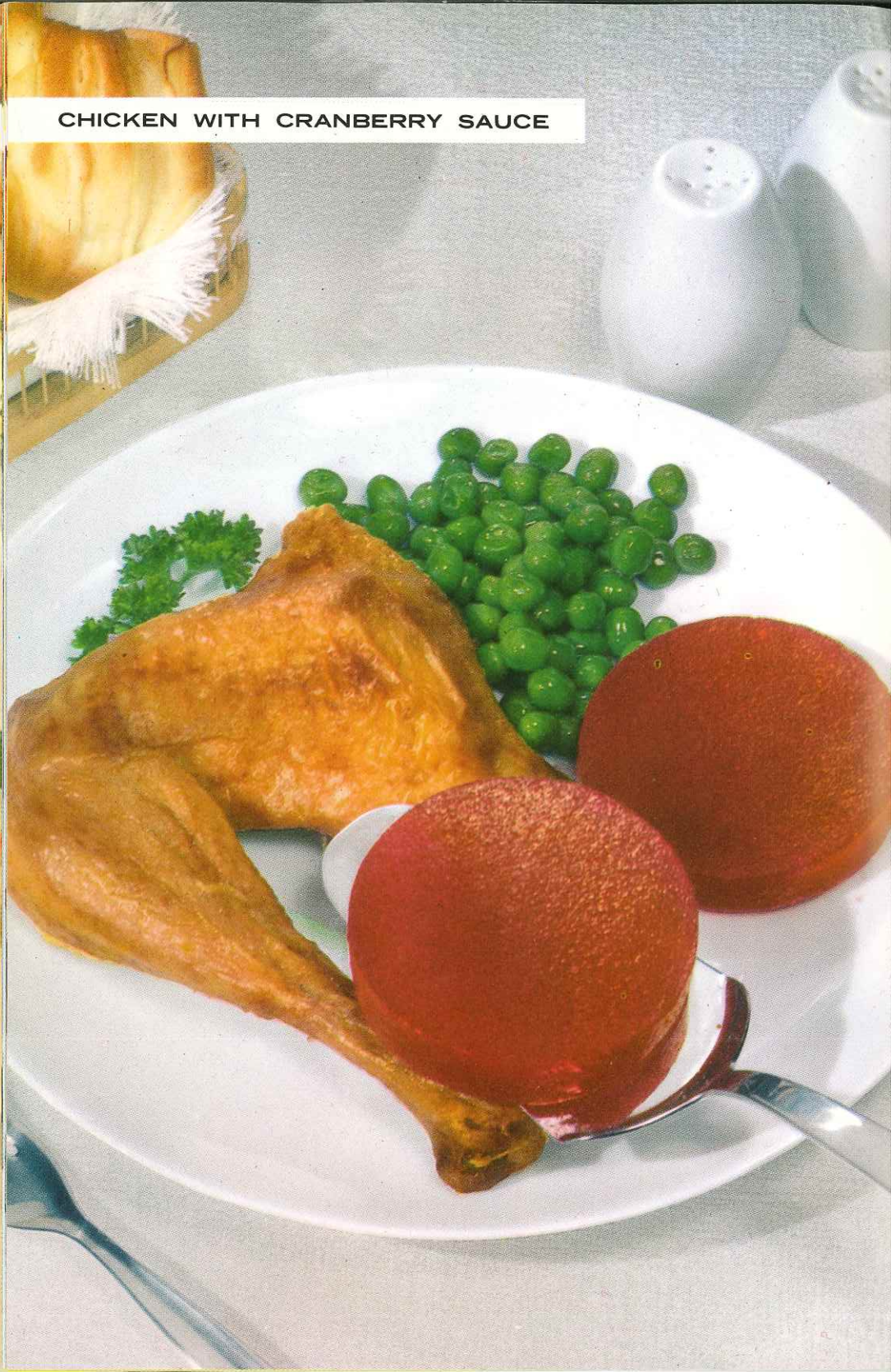
COOL HOT-WEATHER TREAT

summertime cranberry relish

- ½ thin-skinned medium orange
- 1 lime
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce

Put orange and lime through food chopper (rind and pulp). Mix with cranberry sauce. Chill thoroughly. Makes 2 cups.

CHICKEN WITH CRANBERRY SAUCE



poultry



CHICKEN

Chickens are sold whole, in halves, quarters or by the piece — either fresh or frozen. They come government-inspected for wholesomeness and may be graded for quality.

Chickens are available in the following classifications: BROILER-FRYERS — young, tender chickens; up to 3½ lbs.; good for broiling, frying, barbecuing. ROASTERS — young, tender chickens; 3½ to 5 lbs.; suitable for roasting, rotisserie cooking, barbecuing. CAPONS — young,

tender chickens; 5 to 9 lbs.; a de luxe product especially desirable for roasting. CAPONETTES — plump, tender chickens; 3 to 6 lbs.; especially versatile; good for roasting, frying, broiling, barbecuing, rotisserie cooking, etc. STEWING CHICKENS — mature, less tender hens; 3 to 7 lbs.; good for soups, stews, casseroles, and other slow-cooked ways.

TURKEY

Turkeys are sold nowadays in just about the same manner as chickens. They come in the following classifications: ROASTERS or FRYERS — young, tender turkeys; 4 to 8 lbs. HEN TURKEYS — female birds; 8 to 20 lbs. TOM TURKEYS — male birds; 14 to 30 lbs.



DUCKLING AND DUCK

Ducklings and ducks are sold in the same way as chickens and turkeys. Ducklings are young, tender birds (4 to 6 lbs.) and are good for roasting or frying. Allow one 4-lb. duckling for 4 servings. Ducks are older, less tender birds and are good for braising or baking.

COST-CUTTING HINTS

HINT: Stewing chickens have a special economy advantage in that one chicken can be used for broth or soup and a meat dish as well.

HINT: Chicken and turkey wings, backs and giblets, when used in recipes, make excellent thrifty meals. See next page for other money-saving ways with poultry.

LOW-COST **poultry** RECIPES



ITALIAN WAY WITH STEWING CHICKEN chicken tetrazzini

- | | |
|-------------------------------------|-------------------------------------|
| 1 stewing chicken (3 to 4 lbs.) | 1 quart hot water |
| ½ cup sliced celery and celery tops | ¼ cup flour |
| 1 bay leaf | 1 can (3 or 4 oz.) sliced mushrooms |
| 1 onion, sliced | 3 cups hot cooked noodles |
| 1 tablespoon salt | ¼ cup grated Parmesan cheese |

Combine chicken, celery, bay leaf, onion, salt and hot water; simmer, covered, 2 to 3 hours, or until chicken is tender. Cool; remove meat from bones. Reserve broth and chicken fat. Blend ¼ cup chicken fat with flour; gradually stir in 2 cups reserved chicken broth. Add chicken, mushrooms and noodles; season to taste with salt and pepper. Turn into 1½-quart baking dish. Sprinkle with cheese. Bake in hot oven (400° F.) 15 minutes, or until bubbling. Makes 5 to 6 servings.

YOU'VE NEVER HAD FRIED CHICKEN THIS GOOD gourmet fried chicken

- | | |
|---|---|
| 1 frying chicken (about 2 lbs.), cut up | ½ cup chicken broth, consommé or dry white wine |
| ⅓ cup packaged pancake flour | 1 tablespoon each chopped parsley and chives |
| ½ teaspoon garlic salt | ¼ teaspoon poultry seasoning |
| ¼ cup shortening | |

Dip chicken in mixture of flour and garlic salt. Heat shortening; brown chicken on all sides, turning often. Reduce heat and add remaining ingredients. Simmer, covered, 30 to 40 minutes, or until chicken is tender. Remove cover for last 10 minutes of cooking for crisp chicken. Makes 4 servings.

DELICIOUS WAY WITH CHICKEN PARTS baked chicken in cream

- | | |
|---|------------------------------------|
| 1 frying chicken (about 2 lbs.), cut up | ½ teaspoon basil |
| 2 tablespoons shortening | 2 tablespoons chopped parsley |
| Salt and pepper | 1 cup sweet cream or rich top milk |

Brown chicken in hot shortening. Arrange chicken pieces in shallow baking dish. Season generously with salt and pepper. Sprinkle with basil and parsley. Pour cream over top. Bake, covered, in slow oven (325° F.) 45 minutes to 1 hour, or until chicken is tender. Makes 4 to 5 servings.



INDOORS OR OUT—A SPECIAL TREAT lemon-barbecued chicken

- | | |
|------------------------|---|
| 1 clove garlic, minced | ¼ cup salad oil |
| ½ cup minced onion | ¼ cup lemon juice |
| 1 teaspoon salt | 1 broiler-fryer chicken, cut up (about 1½ to 2½ lbs.) |
| ½ teaspoon dried thyme | |
| ⅓ teaspoon pepper | |

Combine all ingredients, except chicken; let stand to blend flavors. Brush chicken well with marinade. Broil very slowly, turning often and brushing with additional sauce. Broil until fork-tender and crisp, about 45 to 50 minutes. Makes 4 servings.

LEFTOVER **poultry** RECIPES

DIVINE WAY TO COOK LEFTOVER CHICKEN chicken divan

- | | |
|-----------------------------|------------------------------------|
| 1/4 cup butter or margarine | 1 teaspoon Worcestershire sauce |
| 1/4 cup flour | 2 packages frozen broccoli spears, |
| 2 cups milk | cooked |
| 1/4 cup mayonnaise | 1/2 cup grated Parmesan cheese |
| 1 teaspoon salt | 6 slices leftover cooked chicken |

Melt butter; stir in flour. Gradually blend in milk; cook, stirring constantly, until sauce thickens and boils 1 minute. Add mayonnaise, salt and Worcestershire sauce; keep hot. Arrange hot broccoli in large shallow baking dish; sprinkle with half the cheese. Layer chicken over cheese. Pour hot sauce over and top with rest of cheese. Broil slowly 8 to 10 minutes. Makes 6 servings.



MAKE IT WITH DUCK, CHICKEN OR TURKEY country scallop

- | | |
|--|------------------------------------|
| 2 cups coarse cracker crumbs | 1/4 cup melted butter or margarine |
| 1 1/2 cups diced leftover cooked duck, | 1 1/2 cups top milk or light cream |
| chicken or turkey | 1 teaspoon Worcestershire sauce |
| 2 tablespoons chopped parsley | 1/2 teaspoon salt |
| 1 tablespoon chopped onion | 1/4 teaspoon poultry seasoning |

Spread half the crumbs in 9-inch pie pan; top with poultry, parsley, rest of crumbs. Sauté onion in butter till tender. Combine remaining ingredients and pour over crumbs. Bake in hot oven (425° F.) 20 minutes. Makes 4 servings.

BUFFET SPECIAL WITH LEFTOVER TURKEY jellied cranberry turkey loaf

- | | |
|---|---------------------------------|
| Cranberry layer: 1 envelope unflavored gelatine | 1 can (9 oz.) crushed pineapple |
| 1/4 cup cold water | 1/3 cup broken walnuts |
| 1 can (1 lb.) Ocean Spray | 1 tablespoon lemon juice |
| Whole Cranberry Sauce | |

Soften gelatine in cold water; dissolve over hot water. Add remaining ingredients; turn into 10x6x1 1/2-inch loaf pan; chill well.

- | | |
|--|-------------------------------------|
| Turkey layer: 1 envelope unflavored gelatine | Grated rind of 1/2 lemon |
| 3/4 cup cold water | 1/2 teaspoon salt |
| 3/4 cup mayonnaise | 2 cups diced leftover cooked turkey |
| 2 tablespoons lemon juice | 1/2 cup diced celery |

Soften gelatine in 1/4 cup cold water; dissolve over hot water. Combine with remaining ingredients. Spoon over cranberry layer; chill thoroughly until firm. Turn out on crisp greens. Makes 6 to 8 servings.

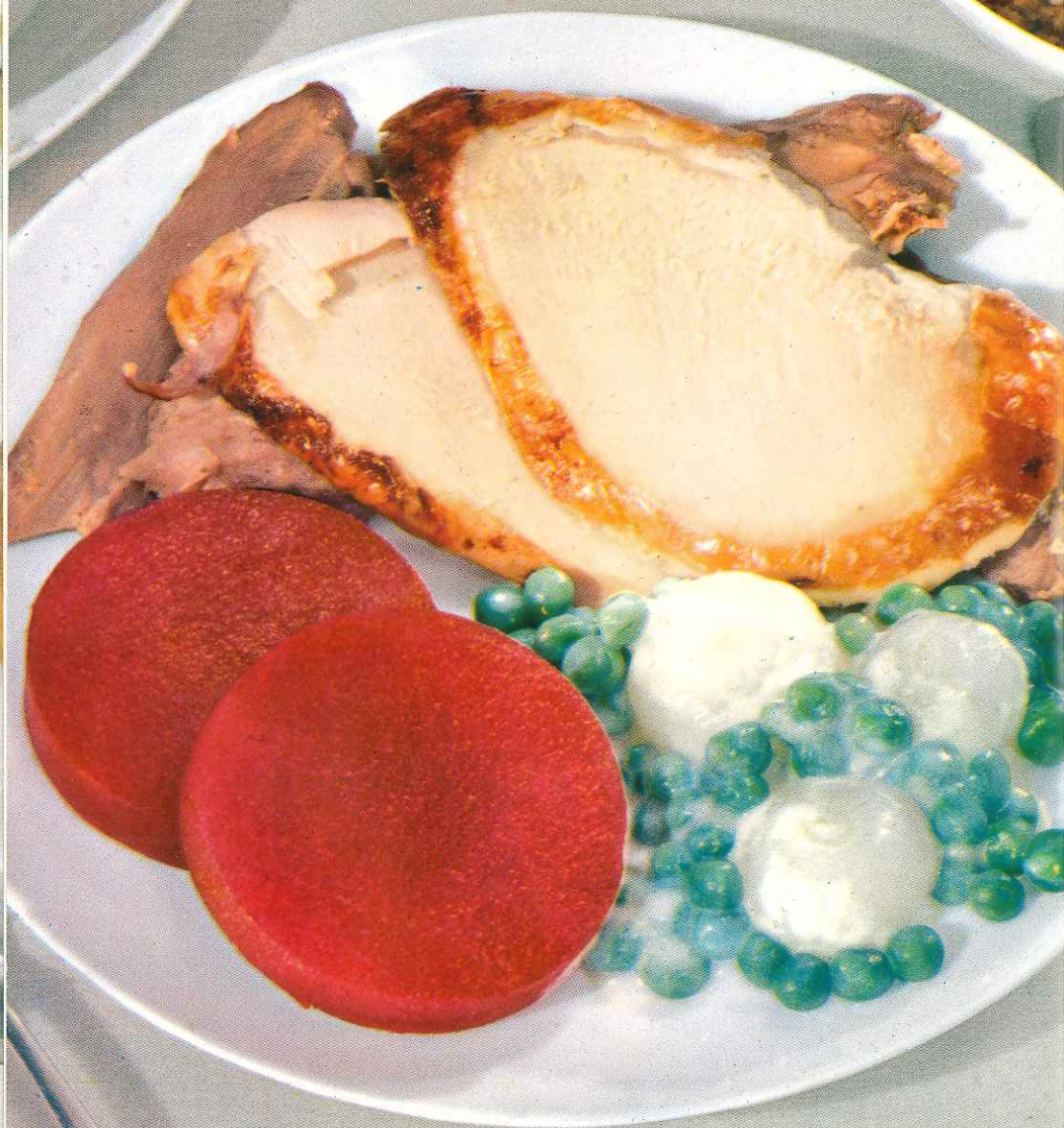


"WAY DOWN YONDER" WAY WITH CHICKEN chicken louisiana

- | | |
|---------------------------------|-------------------------------------|
| 1/4 cup cornstarch | 1/2 cup slivered almonds or cashews |
| 3 cups chicken broth | 2 tablespoons minced parsley |
| or consommé | 1 teaspoon Worcestershire sauce |
| 2 cups minced, leftover, cooked | 1/2 teaspoon dry mustard |
| chicken or turkey | Salt and pepper |
| 1 cup drained cooked peas | 4 cups hot fluffy rice |

Blend cornstarch and chicken broth to smooth paste; cook, stirring constantly, until sauce thickens and boils 1 minute. Add remaining ingredients, except rice, and simmer 5 minutes. Serve over hot rice. Makes 6 servings.

ROAST TURKEY WITH CRANBERRY SAUCE



Cranberry Sauces and Relishes

to dress up budget poultry menus

Remember when it used to be "chicken every Sunday"? Somehow poultry has always been considered something special. And if you want to make it extra-special, try serving it with any of these tempting sauces and relishes. They're new from Ocean Spray's Cranberry Kitchen — specially created to go with budget poultry meals.

HOT 'N SPICY

cranberry chutney

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 2 tablespoons light brown sugar
- 1 tablespoon vinegar
- ¼ cup seedless raisins
- ¼ cup finely chopped almonds
- ¼ teaspoon garlic salt
- ¼ teaspoon ginger
- ⅛ teaspoon red pepper

Combine ingredients. Chill thoroughly to blend flavors. Makes 1 pint. Serve with fowl, roasted or curried.

VEGETABLE-FRUIT TREAT

cranberry carrot relish

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 2 carrots, grated
- ¼ cup raisins
- Lemon juice, if desired

Combine all ingredients. Store in refrigerator until thoroughly chilled to blend flavors. Serve with chicken. Makes 1 pint.

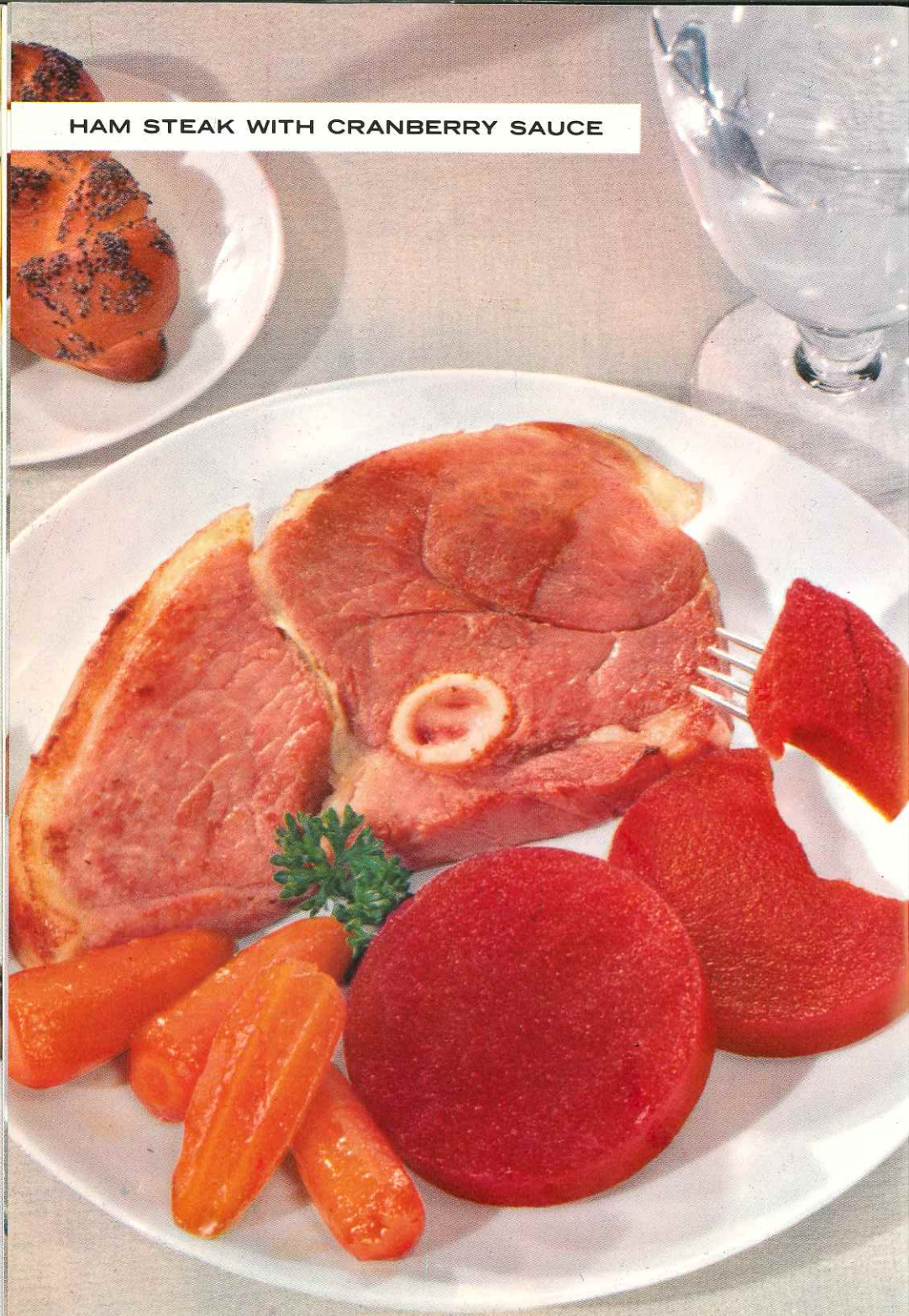
'SWONDERFUL WITH CHICKEN

cranberry grape relish

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 1 teaspoon grated orange rind
- ½ cup seedless grapes, halved

Mix ingredients. Chill thoroughly to blend flavors. Makes 1 pint.

HAM STEAK WITH CRANBERRY SAUCE



ham



BUTT, shank and center slices of ham



PICNIC



SHOULDER BUTT



CANNED HAM



CANNED PORK LOAF



LONG-CURED HAM

Hams come uncooked, fully cooked, ready to eat, country style (Smithfield, Virginia, Tennessee, etc.). They come whole, boneless and in cans. Before cooking, check the wrapper for instructions as to whether or not the ham requires precooking before baking, or cooking before eating, etc. Also check the wrapper for storage recommendations.

COST-CUTTING HINTS

HINT: Picnic, cut from the shoulder, is cured and smoked to give you the same flavor as ham for less cost. Shoulder butt or boneless Boston butt is made by boning the blade section of a pork shoulder. Picnics and shoulder butts are economy cuts and excellent buys.

HINT: Canned pork loaves are good economical substitutes for ham.

HINT: Make the most of leftover ham by using it in meat-stretching recipes. See Page 33.

LOW-COST **ham** RECIPES

COLORFUL AND TASTY WAY WITH HALF A HAM cranberry-glazed ham



- 1/2 ham, shank end (about 5 lbs.)
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 1/2 cup brown sugar, firmly packed

Place ham, fat side up, in uncovered baking pan. Bake in slow oven (325° F.) 2½ hours, or until meat thermometer registers 170° F. Combine cranberry sauce and brown sugar; spoon over ham. Return to oven and bake 20 to 30 minutes longer, spooning glaze over top once more.

A WAY WITH HAM THAT'S SIMPLY GRAND ham hawaiian

- | | |
|---------------------------------|---------------------------------------|
| 1 cup hot water | 2 tablespoons vinegar |
| 1 bouillon cube | 2 tablespoons soy sauce |
| 1/4 cup raisins | 2 tablespoons cornstarch |
| 1 can (9 oz.) crushed pineapple | 2 cups cooked ham, cut in thin strips |
| 1 tablespoon sugar | (cut from canned or cooked ham) |

Combine water, bouillon cube, raisins, pineapple, sugar, vinegar and soy sauce in frying pan; heat. Blend cornstarch to smooth paste with a little water; stir into mixture. Cook, stirring constantly, until sauce thickens and boils 1 minute. Add ham and heat well. Serve with Cranberry Chutney (Page 29) or Cranberry Cinnamon Sauce (Page 35). Makes 4 servings.



ROLL 'EM UP FOR COMPANY cranberry ham rolls

- | | |
|-----------------------------------|--|
| 1/4 cup chopped onion | 6 slices cooked ham, each about 1/8" thick |
| 1/4 cup chopped celery | 1 can (1lb.) Ocean Spray Jellied Cranberry Sauce |
| 3 tablespoons butter or margarine | 1/2 cup brown sugar, firmly packed |
| 2 cups cooked rice | |
| 1 teaspoon salt | |

Cook onion and celery in butter or margarine 10 minutes, or until soft. Add rice and salt. Spoon rice onto ham slices; roll slices up and fasten with toothpick. Place rolls in shallow baking pan. Crush cranberry sauce with a fork; blend in sugar and spoon over ham rolls. Bake in moderate oven (350° F.) 15 to 20 minutes, or until thoroughly heated. Makes 6 servings.

HAVE A PICNIC AT THE DINNER TABLE baked stuffed picnic

- | | |
|---------------------------------|--|
| 1 smoked picnic (4 to 5 lbs.) | 1/4 cup Ocean Spray Cranberry Juice Cocktail |
| 1 package prepared stuffing mix | 1/4 teaspoon ground cloves |
| 1 tablespoon dry mustard | |
| 3 tablespoons brown sugar | |

Have picnic boned to make pocket for stuffing; trim off rind. Prepare stuffing mix following label directions; fill pocket with stuffing and fasten. Blend mustard, brown sugar, cranberry juice cocktail and cloves; spread over picnic. Roast in slow oven (325° F.) about 2½ hours, or until meat is tender. Serve with Cranberry Corn Relish (Page 35).

LEFTOVER **ham** RECIPES

LEFTOVER SANDWICHES THAT ARE PARTY-GOOD

french-toasted hamwiches

- | | |
|-------------------------------|---------------------------|
| 1 cup minced leftover ham | 8 slices bread |
| ½ cup shredded Cheddar cheese | ⅔ cup milk |
| 1 tablespoon grated onion | 2 eggs, slightly beaten |
| 1 tablespoon mayonnaise | ¼ cup butter or margarine |

Combine ham, cheese, onion, and mayonnaise; spread on bread making 4 sandwiches. Blend milk and eggs. Dip sandwiches in egg; fry in hot butter or margarine until golden brown, turning sandwiches once. Serve hot with slices of Ocean Spray Jellyed Cranberry Sauce. Makes 4 sandwiches.



BUFFET SPECIAL WITH LEFTOVER HAM cranberry-ham mousse

- | | |
|--|------------------------------------|
| 1 envelope unflavored gelatine | 1½ cups minced leftover cooked ham |
| ¼ cup cold water | ½ cup minced celery |
| ¾ cup hot consommé, beef broth
or water | ½ cup mayonnaise |
| | 2 tablespoons chopped olives |

Soften gelatine in cold water; dissolve in hot liquid. Chill until slightly thickened. Fold in remaining ingredients. Turn into 4 oiled individual molds. Chill 2 hours, or until firm. Unmold on sliced Ocean Spray Jellyed Cranberry Sauce; garnish with crisp greens. Makes 4 servings.

LIGHT 'N WONDERFUL WAY WITH LEFTOVER HAM

ham soufflé puffs

- | | |
|-----------------------------------|-----------------------------------|
| 3 tablespoons butter or margarine | 2 cups minced leftover cooked ham |
| 3 tablespoons flour | 1 cup shredded cheese |
| 1½ cups milk | 3 eggs, separated |
| 1 tablespoon prepared mustard | |

Melt butter or margarine; blend in flour. Gradually stir in milk; cook, stirring constantly, until sauce thickens and boils 1 minute. Add mustard, ham and cheese; stir until cheese is melted; cool slightly. Beat egg whites until stiff; beat yolks and fold into ham mixture. Fold whites into mixture. Pour into 6 greased baking dishes (about 1 cup each). Bake in moderate oven (350° F.) 25 to 35 minutes, or until done. Serve hot. Makes 6 servings.



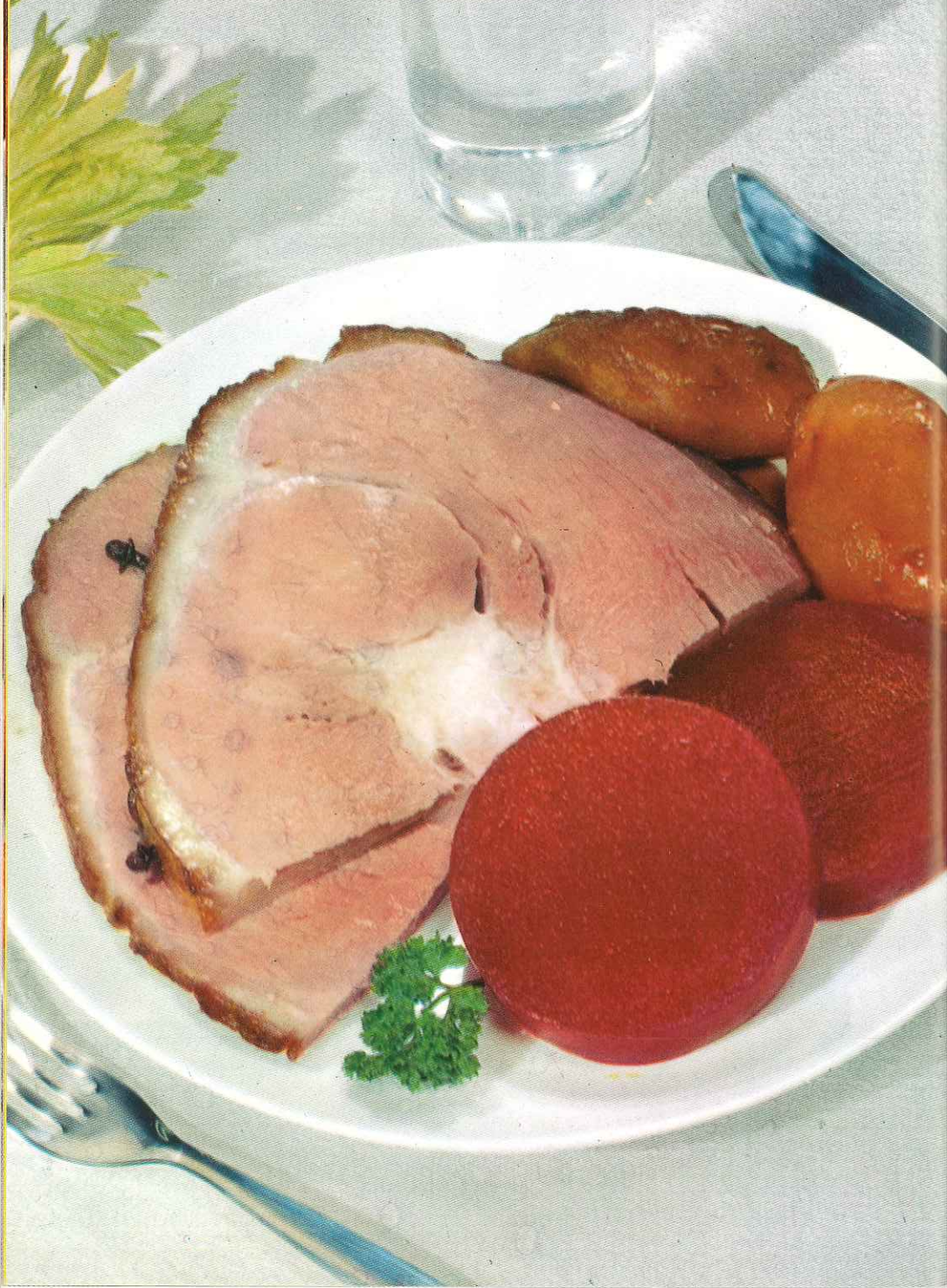
SATURDAY NIGHT TREAT WITH LEFTOVER HAM

ham 'n cranberry beans

- | | |
|--|--|
| 2 cans (1 lb. each) New England-style
baked beans | 2 cups cubed leftover cooked ham |
| 1 small onion, chopped | 1 can (1 lb.) Ocean Spray Whole
Cranberry Sauce |
| 1 tablespoon prepared mustard | |

Combine beans, onion, mustard, ham and ½ cup cranberry sauce; turn into 1½-quart baking dish. Bake in moderate oven (350° F.) 35 minutes, or until bubbling hot. Serve with remaining cranberry sauce. Makes 4 to 6 servings.

BAKED HAM WITH CRANBERRY SAUCE



Cranberry Sauces and Relishes

to dress up budget ham menus

Ham is always right for company. You can be sure of that. And to make ham extra-bright, extra-appetizing – serve it with any of these tart 'n tangy cranberry sauces and relishes. They're new from Ocean Spray's Cranberry Kitchen – specially created to go with budget ham meals.

WONDERFULLY CORNY (THE KIND YOU EAT)

cranberry corn relish

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 1 can (16 to 17 oz.) whole kernel corn, drained
- ¼ teaspoon cinnamon
- ¼ teaspoon ground cloves
- ¼ cup vinegar
- ¼ cup minced onion
- 1 teaspoon prepared horse-radish

In a saucepan combine cranberry sauce, corn, spices, vinegar and onion. Simmer mixture for 15 minutes, stirring occasionally. Remove from heat; stir in horse-radish. Chill. Excellent with ham or hamburgers. Makes about 2½ cups.

SAUCY 'N BRIGHT

cranberry apricot sauce

- ½ cup canned apricots, drained
- ¼ cup brown sugar, firmly packed
- 1 teaspoon dry mustard
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce

Force apricots through sieve. Combine with remaining ingredients. Heat and serve as sauce for baked ham. (Or pour over ham during last 30 minutes of baking.) Makes 2½ cups sauce.

HOT 'N SPICY

cranberry cinnamon sauce

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 1 teaspoon grated orange rind
- ¼ cup orange juice
- 2 teaspoons brown sugar
- ⅛ teaspoon cinnamon

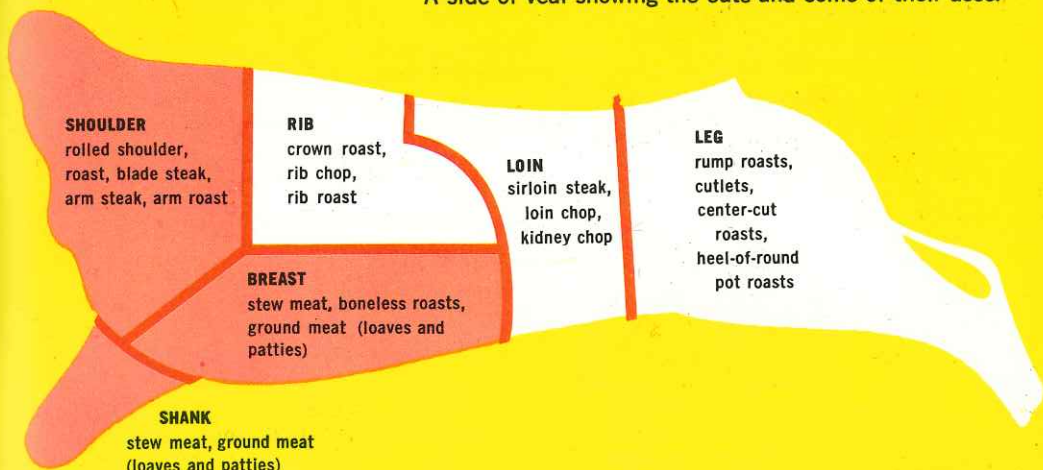
Blend ingredients in saucepan. Cook over low heat, stirring often, 5 to 8 minutes. Serve hot on ham. Makes 2½ cups sauce.

VEAL CUTLETS WITH CRANBERRY SAUCE



veal

A side of veal showing the cuts and some of their uses.



Colored areas indicate budget-wise cuts.

COST-CUTTING HINTS

HINT: Arm roast has excellent meat and is economical. A 3- or 4-lb. roast will make 6 to 8 good servings.

HINT: Stretch veal breast by making a pocket and stuffing, then roast or braise.

HINT: If it's veal steak you want, try an arm steak or a blade steak for economical variety.

HINT: For thrifty veal stews try the meat from the shank, breast, neck or shoulder. It all makes good stew. See next page for other budget recipes.

LOW-COST **veal** RECIPES

SPECIAL TREAT AND ECONOMICAL, TOO

stuffed breast of veal

- | | |
|---------------------------------|----------------------------------|
| 1 breast of veal (about 3 lbs.) | 1½ teaspoons salt |
| Salt and pepper | ½ teaspoon poultry seasoning |
| 1 small onion, minced | 3 cups soft bread cubes |
| ½ cup minced celery | ¼ cup melted butter or margarine |
| 1 small apple, diced | |

Season veal with salt and pepper. Combine remaining ingredients; fill veal cavity and fasten with skewers and string. Place in shallow roasting pan. Brown in moderate oven (350° F.). Add water to cover bottom of pan and cover pan. Roast 1½ hours, or until meat is tender. Remove meat to serving platter. Thicken liquid for gravy. Makes 4 to 6 servings.

INEXPENSIVE AND DELECTABLE

wisconsin veal shanks

- | | |
|--------------------------|------------------------|
| 4 veal shanks | ½ cup sliced celery |
| 1 teaspoon salt | 1 clove garlic, minced |
| ¼ teaspoon pepper | 1 small bay leaf |
| 2 tablespoons shortening | 1 cup water |
| 2 onions, minced | |

Season veal shanks with salt and pepper; brown well in hot shortening. Add remaining ingredients. Simmer, covered, 2 hours or until meat is tender. Remove meat to serving platter; thicken gravy, if desired. Serve with hot buttered noodles. Makes 4 servings.

LEFTOVER **veal** RECIPES

LEFTOVER COOKED VEAL, HUNGARIAN STYLE

quick veal paprika

- | | |
|--|-----------------------------|
| 3 cups cubed, leftover cooked veal (about 1 pound) | 1 teaspoon salt |
| 1 medium-sized onion, minced | 1½ tablespoons paprika |
| 1 small clove garlic, minced | 1 cup sour cream |
| 2 tablespoons shortening | ½ teaspoon sugar |
| | Toast or corn-bread squares |

Sauté veal, onion and garlic in shortening until onion is tender, stirring often; blend in salt and paprika. Gradually stir in sour cream and sugar; heat, but do not boil. Serve over hot toast or corn-bread squares. Makes 4 servings.

LUNCHEON CASSEROLE WITH LEFTOVER VEAL

veal and noodle bake

- | | |
|-----------------------------------|------------------------------|
| 1 small onion, minced | 2 tablespoons minced parsley |
| 3 tablespoons butter or margarine | 2 cups cooked noodles |
| 3 tablespoons flour | 1½ teaspoons salt |
| 2 cups milk | ½ cup shredded cheese |
| 2 cups cubed leftover cooked veal | |

Cook onion in butter or margarine until onion is tender; stir in flour; gradually blend in milk. Cook, stirring constantly, until sauce thickens and boils 1 minute. Add remaining ingredients, except cheese, and turn into 1½-quart baking dish. Top with cheese. Bake in moderate oven (350° F.) 20 to 25 minutes, or until bubbling. Makes 4 servings.

Cranberry Sauces and Relishes

TO DRESS UP BUDGET VEAL MENUS

It's always the extra touch that counts — that adds taste and appetite appeal to dinner. When guests are coming and you really want to show them what a good cook you are, try one of these sparkling-good cranberry sauce and relish recipes. They're new from Ocean Spray's Cranberry Kitchen — specially created to go with budget veal meals.

CRUNCHY 'N GOOD

cranberry garden relish

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- ¼ cup diced celery
- ½ small cucumber, diced (about ½ cup)
- ¼ cup diced green pepper
- 1 tablespoon lemon juice

Combine ingredients. Chill thoroughly to blend flavors. Makes 1 pint.

SWEET 'N SOUR 'N TASTY

cranberry relish piquant

- 1 apple, diced
- ½ cup diced celery
- ¼ teaspoon salt
- 2 tablespoons horse-radish
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce

Combine all ingredients. Chill thoroughly. Makes 2 cups.

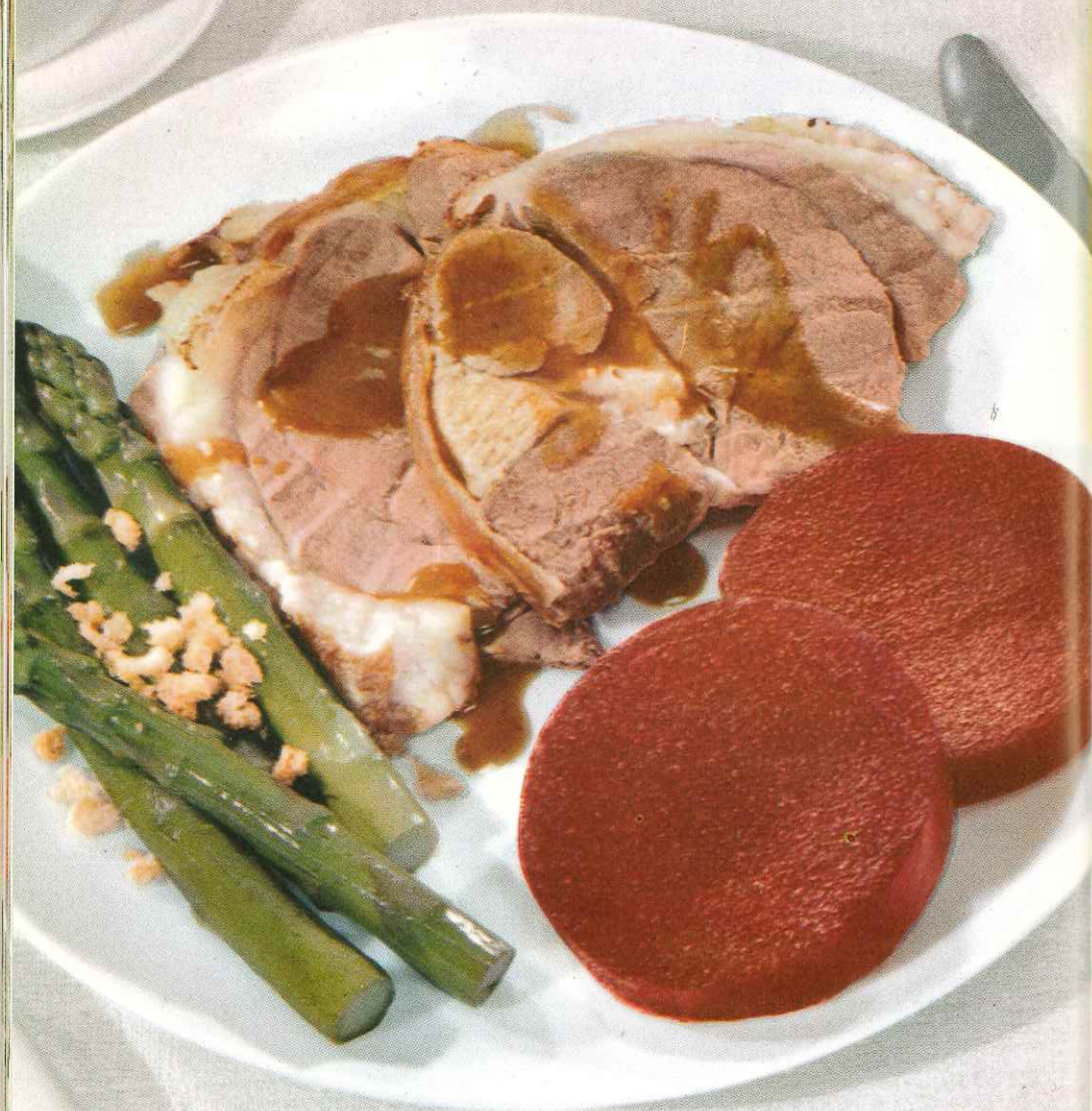
ESPECIALLY GOOD WITH VEAL CASSEROLE

curried cranberry sauce

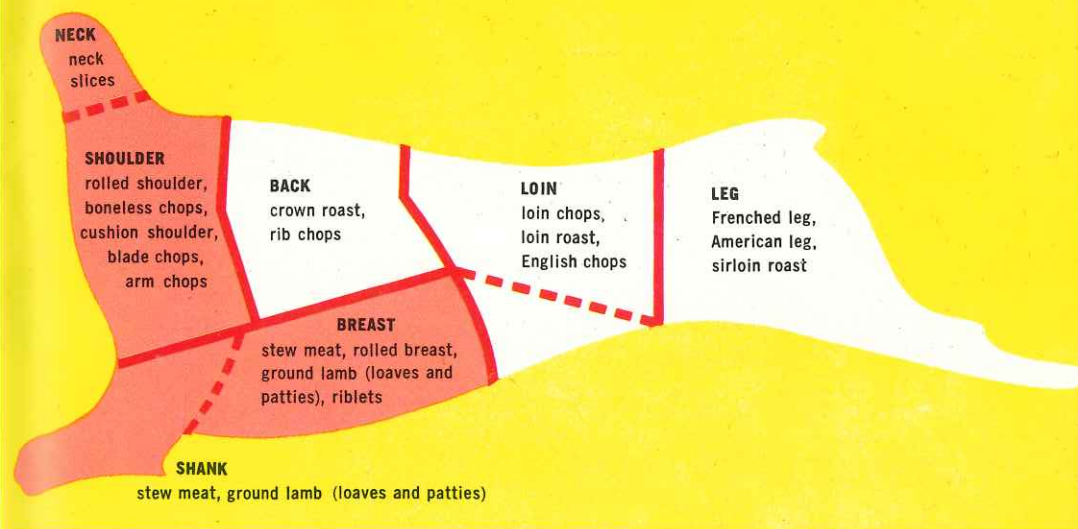
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 1 teaspoon curry powder

Stir cranberry sauce and curry powder together. Chill thoroughly. Makes 1½ cups.

ROAST LAMB WITH CRANBERRY SAUCE



lamb



Colored areas indicate budget-wise cuts.

COST-CUTTING HINTS

HINT: Cushion shoulder makes a delicious economical meal. It is made by removing the bones from the lamb shoulder (your meat cutter will do this) so that a pocket is formed. Fill with a well-seasoned bread, rice or other stuffing. As the dressing swells in cooking, it puffs up the roast, giving it a cushion-like look.

HINT: Stews are good meat stretchers. And lamb makes delicious stews. For economy use meat from the neck, shoulder, shank or breast.

HINT: Lamb shanks have lots of lean meat, are inexpensive, and one shank makes a generous serving.

HINT: Try ground lamb for a "different" meat loaf or for lamburgers. It's economical, and your family will welcome the change from the usual hamburger. Ground lamb comes from the neck, shoulder, shank or breast. See next page for other budget ideas.

HINT: Shoulder chops are more economical than rib and loin chops.

LOW-COST **lamb** RECIPES

FAMILY FAVORITE WITH NECK OR BREAST

northwest lamb stew

- | | |
|-------------------------------|-------------------------------|
| 2 lbs. lamb, cut in cubes | 2 bay leaves |
| 1 tablespoon shortening | ¼ teaspoon pepper |
| 4 cups water | 3 to 4 cups sliced vegetables |
| ½ cup sliced celery and tops | (carrots, turnips, potatoes, |
| 1 onion, thinly sliced | green beans) |
| 3 tablespoons chopped parsley | ½ cup flour |
| 2½ teaspoons salt | |

Brown meat well in shortening. Add water, celery, onion, parsley and seasonings. Simmer, covered, 2 hours, or until lamb is tender. Add vegetables and simmer ½ hour longer. Thicken broth with flour blended to smooth paste with ½ cup water; boil 1 minute. Makes 6 to 8 servings.

SHOULDER CHOPS TAKE ON A GOURMET LOOK

cranberry lamb chops

- | | |
|--|---|
| 4 shoulder lamb chops (about ½ inch thick) | Dash of pepper |
| 1 teaspoon salt | 2 tablespoons water |
| ½ cup Ocean Spray Whole Cranberry Sauce | 2 teaspoons mild vinegar or lemon juice |
| | ½ teaspoon dried mint leaves |

Brown chops well. Combine remaining ingredients and spoon over chops. Simmer, covered, 25 minutes, turning chops once during cooking. (Add a little more water, if necessary, to prevent sticking.) Serve with additional cranberry sauce. Makes 4 servings.

LEFTOVER **lamb** RECIPES

EXOTIC WAY FOR LEFTOVER COOKED LAMB

lamb curry egyptienne

- | | |
|-----------------------------------|-------------------------------------|
| 1 onion, thinly sliced | 2½ tablespoons flour |
| ½ cup sliced celery | 1½ cups water or bouillon |
| 2 tablespoons butter or margarine | 3 cups cubed, cooked, boneless lamb |
| 1 to 2 teaspoons curry powder | ½ teaspoon salt |

Cook onion and celery in butter or margarine 5 minutes; blend in curry powder and flour. Gradually stir in water or bouillon; cook, stirring constantly, until sauce thickens and boils 1 minute. Add lamb and salt; simmer 10 to 15 minutes to blend flavors, stirring often. Serve with hot rice and Cranberry Chutney (Page 29). Makes 4 servings.

LEFTOVER LAMB COOKERY FOR BIG APPETITES

lamb pie, country-style

- | | |
|-------------------------------------|------------------------------------|
| 2 tablespoons minced onion | 2 cups diced, leftover cooked lamb |
| ¼ cup (½ stick) butter or margarine | 1 cup cooked green or lima beans, |
| ¼ cup flour | drained |
| 1 teaspoon salt | 4 cups hot mashed potatoes |
| ½ teaspoon rosemary | ½ cup shredded cheese |
| 2 cups milk | |

Cook onion in butter or margarine 5 minutes; stir in flour, salt and rosemary; gradually stir in milk. Cook, stirring constantly, until sauce thickens and boils 1 minute. Add lamb and beans; turn into 1½-quart baking dish. Top with mashed potatoes and cheese. Bake in moderate oven (375° F.) 30 minutes. Makes 4 servings.

Cranberry Sauces and Relishes

to dress up budget lamb menus

Here's a way to make low-cost lamb dinners special-occasion meals. And at the same time show everyone how smart a cook you can be. Try making one of these tangy cranberry sauce and relish recipes next time you serve lamb. They're new from Ocean Spray's Cranberry Kitchen – specially created to go with budget lamb meals.

FRESH AS A SPRIG OF MINT

cranberry mint sauce

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- ¼ to ½ teaspoon peppermint extract

Combine cranberry sauce and peppermint extract. Chill. Makes about 1 pint.

SUPREMELY GOOD WITH LAMB

cranberry relish supreme

- 1 apple, cored
- 1 onion
- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce

Put apple and onion through food chopper or dice finely. Beat jellied cranberry sauce with rotary beater until smooth. Stir in apple and onion. Chill thoroughly to blend flavors. Makes 1 pint.

SPECIAL MINTY TREAT

cranberry mint chunks

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- 1 cup canned grapefruit sections or pineapple chunks, drained
- ¼ teaspoon peppermint extract

Crush cranberry sauce with a fork. Add fruit and peppermint extract. Chill well. Makes 3 cups.

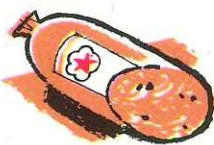
READY-TO-EAT MEATS WITH CRANBERRY SAUCE



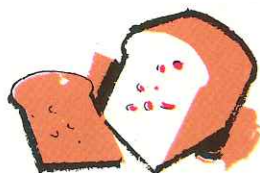
ready-to-eat meats



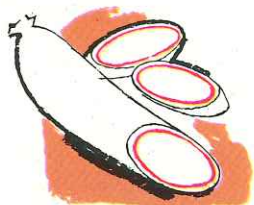
BOILED HAM



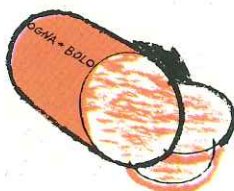
SALAMI



MEAT LOAF



LIVERWURST



BOLOGNA



JELLIED MEATS

Ready-to-eat meats come in a variety of flavors, textures, colors and shapes. Some are highly spiced, others bland. A very popular type of ready-to-eat meat is the canned pork loaf.

Ready-to-eat meats are delicious cold and make very attractive and economical meat trays when friends drop in.

To make a cold meat tray, select a variety of 4 to 6 ready-to-eat meats. Plan an attractive design. Arrange slices to make serving easy. Avoid overcrowding. Add garnishes with flavors and colors that go with meat.

Sliced Ocean Spray Cranberry Sauce makes a perfect accompaniment. Good garnishes include: cheese – rolled, sliced or cubed; cheese spreads in green-pepper “cups”; radishes, olives, sliced cucumbers, pickles.

Orange or pineapple sections, fresh or canned peaches, pear halves.

Watercress, parsley or other greens.

Carrot strips, celery stalks, onions.

Ready-to-eat meats may also be served hot in easy, delicious, money-saving recipes. Please turn page.

LOW-COST **ready-to-eat meat** RECIPES

ATTRACTIVE AND EASY TO MAKE

cranberry glazed luncheon loaves

Remove loaves from 2 cans (12 oz. each) pork luncheon meat and arrange on a shallow pan for baking. Score the tops as you would the fat on a baked ham. Drizzle one of the following glazes over. Bake in moderate oven (350° F.) 30 minutes.

Cranberry Marmalade Glaze: Beat 1 cup Ocean Spray Jellied Cranberry Sauce with rotary beater until smooth; beat in ½ cup orange marmalade. Spoon over loaves in shallow pan.

Bubbling Cranberry Glaze: Beat the contents of 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce with rotary beater until smooth. Stir in ½ cup brown sugar. Spoon over loaves in shallow pan.

Cranberry Pineapple Glaze: Combine ¼ cup brown sugar; ¼ teaspoon ground cloves; ½ cup drained, canned, crushed pineapple; and 1 cup Ocean Spray Canned Whole Cranberry Sauce. Spoon over loaves in shallow pan.

NEW IDEA FOR FRANKFURTERS

frankfurter skillet scallops

- | | |
|---|--|
| 1 lb. frankfurters | ¼ teaspoon ground cloves |
| 1 tablespoon butter or margarine | 2 tablespoons molasses |
| 1 cup Ocean Spray Whole Cranberry Sauce | 1½ teaspoons mild vinegar or lemon juice |

Cut each frankfurter into 3 or 4 pieces. Brown slowly in skillet; add butter. Blend remaining ingredients; add and heat slowly. Makes 4 to 6 servings.

HEARTY, THRIFTY AND GOOD

bologna-noodle bake

- | | |
|--------------------------------------|--|
| ½ lb. bologna, diced | 2 tablespoons minced green pepper or parsley |
| 1 can condensed cream of celery soup | ¼ teaspoon sage |
| ¾ cup milk | 4 oz. (½ of 8-oz. package) noodles, cooked |

Combine all ingredients in 1½-quart baking dish. Bake in moderate oven (350° F.) 25 minutes, or until bubbling hot. Makes 4 servings.

SPICY MAIN DISH FROM GENOA

salami shortcake

- | | |
|-----------------------------------|--|
| 1 large onion, chopped | ¼ teaspoon marjoram |
| 3 tablespoons butter or margarine | ⅛ teaspoon pepper |
| 3 tablespoons flour | ½ lb. salami, finely diced |
| 2 cups milk | 4 corn muffins or squares of corn bread, split and toasted |
| 2 teaspoons prepared mustard | |
| ½ teaspoon salt | |

Cook onion in butter or margarine 10 minutes; blend in flour and gradually stir in milk. Cook, stirring constantly, until sauce thickens and boils 1 minute. Add seasonings and salami; heat. Spoon over hot muffins or corn bread. Makes 4 servings.

Cranberry Sauces and Relishes

to dress up ready-to-eat meat menus

Ready-to-eat meats are always right for company . . . make such attractive displays on the buffet or Lazy Susan. And if you want to make ready-to-eat meats extra-tempting, extra-colorful – try making one of these cranberry sauce and relish recipes. They're new from Ocean Spray's Cranberry Kitchen – specially designed to go with ready-to-eat meats (hot or cold).

WITH SPICE AND EVERYTHING NICE

cranberry ginger relish

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- 2 tablespoons slivered candied ginger
- 2 tablespoons grated orange rind

Break up cranberry sauce with a fork and combine with ginger and orange rind. Chill. Makes about 1¾ cups relish.

TASTY, TEMPTING 'N GOOD

cranberry pear relish

- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- 1 or 2 fresh pears, cored, pared and diced
- ½ lemon, ground (rind and pulp)
- 1 teaspoon ginger

Beat jellied cranberry sauce with rotary beater until smooth and saucy. Stir in diced pears, ground lemon and ginger. Chill. Makes 1 pint.

TO BRIGHTEN UP YOUR COLD-MEAT TRAY

spicy cranberry pears

- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- ¼ teaspoon ground cloves
- 1 tablespoon lemon juice
- 8 to 10 canned pear halves

Combine cranberry sauce, cloves and lemon juice. Fill pear halves. Serve cold or place under broiler until bubbly and heated. Makes 8 to 10 servings.

variety meats

Variety meats are as nutritious as they are economical. And if you know how to cook them, wonderfully delicious taste treats. Gourmets the world over have used variety meats as a basis for some of their most famed recipes. Variety meats include tongue, liver, kidney, heart, sweetbreads, brains, tripe and oxtails.

LOW-COST **variety meats** RECIPES



A FAVORITE WITH MENFOLK yorkshire kidney pie

2 beef kidneys
1 large onion, thinly sliced
3 tablespoons butter
or margarine
 $1\frac{1}{2}$ cups water
2 bouillon cubes

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon marjoram
3 tablespoons flour
2 cups canned or cooked vegetables
(carrots, peas, green beans)
1 package refrigerated biscuits

Wash kidneys in cold water; discard outer membranes; split kidneys lengthwise through center and remove white membranes and tubes. Soak kidneys in cold salted water; drain, then rinse well and drain again. Cut kidneys into bite-sized pieces. Sauté onion in butter or margarine 8 to 10 minutes; add kidneys and sauté 3 to 4 minutes. Add water, bouillon cubes and seasonings; simmer, covered, 30 minutes, or until tender. Blend flour with enough water to make a smooth paste; stir into hot mixture and cook, stirring constantly, until gravy thickens and boils 1 minute. Add vegetables and turn into $1\frac{1}{2}$ -quart shallow baking dish. Press biscuits together and roll out to form thin layer of topping. Place on meat mixture. Bake in hot oven (450° F.) about 25 minutes. Makes 4 to 6 servings.



TRY THIS RECIPE FOR VARIETY penny-saving shish kebabs

4 lamb hearts (about 1 lb.)
 $\frac{1}{3}$ cup salad oil
 $\frac{1}{4}$ cup lemon juice
1 tablespoon tarragon or
mild vinegar
1 teaspoon sugar

1 teaspoon salt
 $\frac{1}{4}$ teaspoon thyme
12 small white onions, peeled
 $\frac{1}{2}$ lb. mushroom crowns
2 green peppers, quartered
and seeded

Wash hearts; trim off hard parts and remove outer membranes. Cut each heart into quarters. Combine oil, lemon juice, vinegar, sugar, salt and thyme. Place lamb in oil marinade; let stand 1 hour. Drain meat, saving marinade. "Thread" skewers with alternate chunks of lamb, onions, mushrooms and green pepper. Brush with marinade. Grill over hot coals (or broil very slowly) until tender, 15 to 20 minutes, turning and brushing kebabs often. Serve with cranberry relish. Makes 4 servings.

A FRENCH PROVINCIAL SPECIALTY

oxtail ragout

- | | |
|---------------------------------------|--------------------|
| 2 lbs. oxtails, cut in 1½-inch pieces | 1 onion, sliced |
| ¼ cup flour | 2 bay leaves |
| 1 teaspoon salt | ½ cup dry red wine |
| ⅛ teaspoon pepper | 1½ cups water |
| 3 tablespoons shortening | ¼ cup flour |

Wash oxtails well; trim off fat; coat meat with flour, salt and pepper. Brown meat in hot shortening. Add onion, bay leaves, wine and 1 cup water. Simmer, covered, 2½ hours, or until meat is tender. Make smooth paste of flour and remaining ½ cup water; stir into meat mixture. Cook, stirring constantly, until mixture thickens and boils 1 minute. Make 4 servings.

A CAPE COD TREAT

smoked tongue with cranberry-raisin sauce

- | | |
|--|--|
| 1 smoked beef tongue
(about 4 lbs.) | 1 can (1 lb.) Ocean Spray Whole
Cranberry Sauce |
| 8 each peppercorns and
whole cloves | ½ cup raisins |
| 2 bay leaves | ⅓ cup orange juice |
| | 2 tablespoons lemon juice |

Place tongue and seasonings in boiling salted water to cover; simmer, covered, 2 to 3 hours, or until fork-tender; cool in liquid. Drain tongue and pull off skin; remove excess fat and small bones. In saucepan combine cranberry sauce, raisins, orange and lemon juices. Heat; add slices of tongue and serve hot. Makes 8 servings.

Cranberry Sauces and Relishes to Dress Up Variety-Meat Menus

RED-HOT SPECIAL

cranberry chili sauce

- | | |
|--|-------------------------|
| 1 can (1 lb.) Ocean Spray Jellied
Cranberry Sauce | 1 teaspoon salt |
| ¼ cup minced onion | 1 teaspoon paprika |
| 3 tablespoons vinegar | ½ teaspoon chili powder |
| 2 tablespoons Worcestershire sauce | Dash of pepper |
| | ¼ teaspoon cinnamon |

Beat cranberry sauce with rotary beater until smooth. Stir in remaining ingredients. Heat to boiling and simmer for 3 minutes, stirring constantly. Serve hot. Makes 1½ cups.

SHARP 'N SPICY

cranshire relish

- | | |
|--|------------------------------------|
| 1 can (1 lb.) Ocean Spray Jellied
Cranberry Sauce | 2 tablespoons Worcestershire sauce |
| ½ teaspoon seasoned salt | 1 teaspoon instant minced onion |
| | Dash of red pepper |

Beat jellied cranberry sauce until smooth and velvety. Stir in remaining ingredients. Heat and serve with meat. Makes about 1 pint.

CRANBERRY **meat-mate** SALADS

Company coming? Well, there's no need to throw your budget plans out the window! Not when you can dress up low-cost meat dishes with one of these exciting salads! Easy, delicious, these cranberry salads make any meal glamorous. You'll be called the perfect hostess and no one will even dream you're cutting corners!

TO BRIGHTEN UP BUDGET BEEF DINNERS

cranberry waldorf salad

- 1 can (1 lb.) Ocean Spray Jellyed Cranberry Sauce
- 2 envelopes unflavored gelatine
- $\frac{1}{2}$ cup cold water
- 2 tablespoons lemon juice
- 1 cup ginger ale
- $\frac{1}{2}$ cup unpeeled, diced apple
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{4}$ cup chopped nutmeats

Crush cranberry sauce with a fork. Soften gelatine in cold water; dissolve over hot water. Stir into crushed cranberry sauce. Cool slightly. Add lemon juice and ginger ale and mix well. Chill in refrigerator until mixture begins to set. Fold in apple, celery and nutmeats. Turn into six individual molds or a 1-quart mold and chill until firm. Unmold and serve on lettuce. Serve with mayonnaise. Makes 6 servings.

TO DRESS UP BUDGET HAM DISHES

cranberry mold indienne

- 1 pkg. apple-flavored gelatin
- 1 cup hot water
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- 2 tablespoons light brown sugar
- 1 tablespoon vinegar
- $\frac{1}{4}$ cup seedless raisins
- $\frac{1}{4}$ cup finely chopped almonds
- $\frac{1}{4}$ teaspoon garlic salt
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{8}$ teaspoon red pepper

Dissolve gelatin in hot water. Chill until partially set. Combine remaining ingredients and fold into partially set gelatin. Pour into 1-quart mold. Chill until firm. Unmold on lettuce. Makes 6 servings.



Cranberry Surprise Salad

TO GLAMORIZE GROUND-MEAT BUDGET MEALS

cranberry surprise salad

- | | |
|--|---|
| 1 envelope Knox Unflavored Gelatine | 1 teaspoon grated lemon rind |
| 2 tablespoons sugar | 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce |
| ¼ teaspoon salt | 1 orange or apple, pared and diced |
| 1 cup very hot water | 1 can (8¾ oz.) pineapple tidbits |
| ½ cup Hellmann's or Best Foods Real Mayonnaise | ¼ cup chopped walnuts |
| 2 tablespoons lemon juice | |

Mix gelatine thoroughly with sugar and salt. Add hot water and stir until gelatine is dissolved. Add mayonnaise, lemon juice and lemon rind. Blend with rotary beater. Pour into a refrigerator tray. Quick chill in freezing unit (without changing control) 10 to 15 minutes, or until firm about 1 inch from edge but soft in center. Beat until fluffy. Fold in cranberry sauce, orange and walnuts. Pour into individual molds or a 1-quart mold and chill until firm. Unmold on lettuce. Top with mayonnaise, if desired. Makes 6 servings.

TO MAKE LEFTOVER POULTRY COMPANY-SPECIAL

cranberry buffet molds

- | | |
|---|--------------------------------|
| 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce | ¼ cup chopped walnuts |
| ¼ cup mincemeat | 1 envelope unflavored gelatine |
| | ¼ cup cold water |

Crush jellied cranberry sauce with a fork. Stir in the mincemeat and walnuts. Soften gelatine in water; dissolve over hot water. Add to cranberry mixture. Chill in individual molds. Makes 4 to 6 servings.

Note: ½ cup chopped peeled apple may be added.

TO ADD A GOURMET LOOK TO BUDGET PORK DISHES



cranberry cream salad

- 1 package cherry-flavored gelatin
- 1 cup hot water
- 1 can (1 lb.) Ocean Spray Whole Cranberry Sauce
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{4}$ cup chopped walnuts
- 1 cup commercial sour cream

Dissolve gelatin in hot water. Let chill until slightly thickened. Break up cranberry sauce with fork. Stir into gelatin with celery and walnuts. Fold in sour cream. Pour into 1-quart mold and chill until firm. Makes 4 to 6 servings.

TO MAKE BUDGET LAMB DISHES PARTY-GOOD



cranberry spring mint salad

- 1 package strawberry-flavored gelatin
- 1 cup hot water
- 1 can (1 lb.) Ocean Spray Jellied Cranberry Sauce
- $\frac{1}{4}$ teaspoon peppermint extract

Dissolve gelatin in hot water. Chill until partially set. Crush cranberry sauce with fork. Add to partially set gelatin. Stir in peppermint extract. Pour into 6 individual molds. Chill until firm. Serve on slices of fresh or canned pineapple. Makes 6 servings.

TO GIVE ELEGANCE TO BUDGET VEAL DINNERS



individual cranberry-mint salad molds

- 1 envelope unflavored gelatine
- $\frac{1}{4}$ cup cold water
- 1 can (1 lb.) Ocean Spray Whole or Jellied Cranberry Sauce
- 1 cup canned crushed pineapple, drained
- $\frac{1}{4}$ teaspoon peppermint extract

Soften gelatine in cold water; dissolve over hot water. Add to cranberry sauce and mix well. Stir crushed pineapple and peppermint extract into cranberry-gelatine mixture. Spoon into individual salad molds and chill in refrigerator until firm. Makes 6 salads.

SERVE *Ocean Spray* EVERY DAY—
SUPPLEMENT MEAT THE NATURAL WAY

It's the natural mate for every meat — tart, tangy Cranberry Sauce. So naturally delicious, you'll want to serve big, double-thick slices. So naturally nutritious you'll count Cranberry Sauce an extra vegetable — happy way to add vitamins and minerals to your meal plan. Serve Ocean Spray every day. To glamorize a simple sandwich. To add new substance to a salad. Or to dress up any meat you may have for dinner. Natural fruit vitamins. Natural fruit minerals. Natural fruit pectins. And a naturally sparkling, appetizing, taste-teasing flavor. Good reasons, all, why Ocean Spray belongs in your meals . . . *every day!*

Ocean Spray
Cranberry Sauce
gives you

14 VITAMINS AND
MINERALS

plus more natural fruit
pectins than oranges,
apples, bananas or
any other fruit.



Ocean Spray Cranberry Sauce

—it's the natural mate for every meat!

Ocean Spray

CRANBERRIES

are so good-tasting and so good for you. Isn't it wonderful that they come in so many delicious ways?



1. **OCEAN SPRAY CRANBERRY JUICE COCKTAIL** — quart size — it's the bright new way to start the day ... contains more Vitamin C than even fresh-frozen orange juice.
2. **OCEAN SPRAY CRANBERRY JUICE COCKTAIL** — pint size — try it half and half with orange, grapefruit or pineapple juice.
3. **OCEAN SPRAY JELLIED CRANBERRY SAUCE** — 1 lb. can — it's the natural mate for every meat!
4. **OCEAN SPRAY WHOLE CRANBERRY SAUCE** — 1 lb. can — it's the natural mate for every meat!
5. **OCEAN SPRAY DIETETIC CRANBERRY SAUCE** — 7-oz. can — Sucaryl-sweetened ... a splendid way to brighten your special diet.
6. **OCEAN SPRAY JELLIED CRANBERRY SAUCE** — 7-oz. can.
7. **OCEAN SPRAY WHOLE CRANBERRY SAUCE** — 7-oz. can.
8. **OCEAN SPRAY FRESH CRANBERRIES** — 1 lb. bag.
9. **OCEAN SPRAY FRESH CRANBERRIES** — 1 lb. box — they make wonderful sauces and relishes in minutes ... recipes on package.